

Unit Title: Developing Emotional Resilience	
Level:	One
Credit Value:	1
GLH:	8
OCNLR Unit Code:	PA1/1/LQ/030
Ofqual Unit Reference Number:	R/616/9565

*This unit has 3 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand what is meant by the term 'emotional resilience'.	1.1. Describe what is meant by the term 'emotional resilience'. 1.2. Give one example of own resilience in a given situation.
2. Understand personal responses to new social, environmental and emotional situations.	2.1. Describe own possible responses to new social, environmental and emotional situations. 2.2. Identify one personal response to others emotions.
3. Know about ways for developing emotional resilience.	3.1. Give at least three examples of ways of developing emotional resilience.

## Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

Case Study	✓	Project	
Written question & answer/test/exam	✓	Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	✓
Oral question and answer	✓	Performance/exhibition	
Written description	✓	Production of artefact	
Reflective log/diary	✓	Practice file	