

<b>Unit title:</b>	<b>Developing Confidence and Self-Esteem</b>
<b>Level:</b>	<b>1</b>
<b>Credit value:</b>	<b>1</b>
<b>GLH:</b>	<b>9</b>
<b>TQT:</b>	<b>10</b>
<b>Unit code:</b>	<b>HB6/1/NQ/011</b>
<b>Unit reference number:</b>	<b>A/506/5318</b>
<b>Unit aim:</b>	<b>Learners will understand the impact of confidence, know what is meant by self-esteem and understand ways of building confidence and self-esteem.</b>

This unit has 3 learning outcomes.

<b>Learning Outcomes</b>	<b>Assessment Criteria</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the impact of confidence.	1.1. Define confidence. 1.2. State the benefits of being confident. 1.3. Outline how confident behaviour might influence others' perceptions of an individual. 1.4. Outline how lacking confidence might influence others' perceptions of an individual.
2. Know what is meant by self-esteem.	2.1. Define self-esteem. 2.2. Identify factors that affect self-esteem.
3. Understand ways of building confidence and self-esteem.	3.1. Identify ways of building confidence and self-esteem. 3.2. Outline a situation where he/she lacks confidence and how confidence building strategies could be applied. 3.3. State the potential impact of using confidence building strategies in a given situation.

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### Assessment information

All Assessment Criteria must be evidenced. For guidance on assessment, including principles of assessment and methods which may be used, Centres should consult the Open College Network West Midlands publication *Assessment Methods* and the 'Assessment' section of the *Open College Network West Midlands Centre Handbook*, both are available on our website [www.opencollnet.org.uk](http://www.opencollnet.org.uk) .

Sector Subject Area (SSA)	14.1
Date from which unit will be available for learners	01/07/2015
Unit review date	31/07/2025
Assessment guidance	N/A