



Self-Awareness: Building Positive Relationships (National 2)

SCQF: level 2 (6 SCQF credit points)

Unit code: H8LR 72

Unit outline

The general aim of this Unit is to provide opportunities for learners to develop self-awareness and basic social skills.

Learners who complete this Unit will be able to:

- 1 Investigate behaviours which have a positive and negative effect on other people.
- 2 Develop basic social skills.

The *Unit Specification* should be read in conjunction with the *Unit Support Notes*, which provide advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work. Exemplification of the standards in this Unit is given in *Unit Assessment Support*.

Recommended entry

Entry to this Unit is at the discretion of the centre. However, relevant experiences and outcomes may provide an appropriate basis for doing this Unit.

Equality and inclusion

This *Unit Specification* has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Unit Support Notes*.

Standards

Outcomes and Assessment Standards

Outcome 1

The learner will:

1 Investigate behaviours which have a positive and negative effect on other people by:

- 1.1 Identifying types of behaviour which have a positive effect on other people
- 1.2 Identifying types of behaviour which have a negative effect on other people
- 1.3 Communicating why these behaviours have these effects

Outcome 2

The learner will:

2 Develop basic social skills by:

- 2.1 Interacting appropriately with other people
- 2.2 Identifying areas for further development in own behaviour in relation to other people

Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience, and understanding of their learners, to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

Evidence may be presented for individual Outcomes or it may be gathered for the Unit as a whole through integrating assessment for both Outcomes. If the latter approach is used, it must be clear how the evidence covers each Outcome.

For Outcome 1, evidence is required which demonstrates the learner's identification of types of behaviour which have a positive effect on other people and types of behaviour which have a negative effect on other people. Evidence is also required which demonstrates the learner's communication of reasons why these behaviours have these effects.

For Outcome 2, evidence is required which demonstrates that the learner interacted appropriately with other people on different occasions. These interactions could include one-to-one meetings, taking part in group discussions or a combination of both, as appropriate. Evidence is required that demonstrates the learner identified areas for further development in respect of their own behaviour in relation to other people.

It is expected that learners will receive support to achieve the Outcomes of this Unit.

For this Unit, evidence could include audio and/or audio-visual files recorded on CD and/or DVD, printed materials, observation checklists, logs, recorded oral

responses, photographic evidence, video evidence, or their equivalent. Assessors should be confident that there is sufficient evidence to support their judgement that the Assessment Standards have been met. Evidence may be gathered using the learner's usual means of communication.

Exemplification of assessment is provided in *Unit Assessment Support*. Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

Development of skills for learning, skills for life and skills for work

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Unit where there are appropriate opportunities.

1 Literacy

1.3 Listening and talking

3 Health and wellbeing

3.2 Emotional wellbeing

3.5 Relationships

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills should be at the same SCQF level as the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes*.

Administrative information

Published: January 2015 (version 1.0)

Superclass: HB

History of changes

Version	Description of change	Authorised by	Date

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