

LifeSkills created with Barclays and SQA Wellbeing Award SCQF Level 4 - GF2N 44

SQA and Barclays have been working together to demonstrate how [LifeSkills created with Barclays](#) could generate evidence that meets the assessment standard for the SQA Wellbeing Award SCQF level 4.

LifeSkills created with Barclays is designed to give young people access to the advice, support and opportunities they need to get ready for the world of work. It aims to improve the employment prospects of young people through education resources, online content, workshops, events and work experience. LifeSkills created with Barclays equips young people with the key money, people and work skills, careers support and work experience they need to get ready for the world of work.

Please note that this example is for SCQF level 4 only.

Once evidence has been gathered via LifeSkills created with Barclays, centres will have to check the learners' work against the Assessment Standards for the SQA units. The examples provided here illustrate the types of activities and evidence that are likely to generate appropriate evidence.

All evidence should be subject to rigorous assessment procedures and internal verification. This will vary from centre to centre, depending on the projects undertaken.



SQA Wellbeing Award SCQF Level 4

Mandatory Units

H18L 44
Exploring Wellbeing
Outcome 1

H18M 44
Improving Wellbeing
Outcome 1

Barclays People Skills

Barclays People Skills		Investigate wellbeing in different contexts, with minimum support	Undertake a planned activity, with minimum support, aimed at improving wellbeing
A1	What Skills do I need?	•	•
A1	Skills for Career Progression	•	•
A2	Using My Skills	•	•
A2	Positive Personal Presentation	•	•
A3	Building My Skills	•	•
A3	Building Confidence and Resilience	•	•
A4	Self Confidence Workshop	•	•
A4	Personal Impact Workshop	•	•
A5	Personal Impact Workshop	•	•

SQA Wellbeing Award SCQF Level 4

Mandatory Units

H18L 44
Exploring Wellbeing

H18M 44
Improving Wellbeing

Barclays Work Skills

Outcome 1

Outcome 1

		Investigate wellbeing in different contexts, with support	Undertake a planned activity, with support, aimed at improving wellbeing
A1	Getting to Know Yourself	•	•
A1	Know Who You Are	•	•
A2	The Career Journey	•	•
A2	Your Route to a Career	•	•
A3	Sell Yourself	•	•
A3	Finding Employment Workshop	•	•
A4	Networking Skills Workshop	•	•
A4	Interview Success Workshop	•	•
A5	CV Skills Workshop	•	•
A6	Interview Skills Workshop	•	•
A7	Internet and Email Skills	•	•
A8	Understanding Enterprise	•	•
A9	Online Reputation	•	•
A10	Goal Setting, negotiating and persuading	•	•
A11	Creativity and idea generation	•	•
A12	Effective Use of Social Media	•	•
A13	Online Reputation	•	•

SQA Wellbeing Award SCQF Level 4

Mandatory Units

H18L 44
Exploring Wellbeing

H18M 44
Improving Wellbeing

Outcome 1

Outcome 1

Barclays Work Skills

Barclays Work Skills		Investigate wellbeing in different contexts, with support	Undertake a planned activity, with support, aimed at improving wellbeing
A14	Digital Skills at Work	•	•
A15	Internet and email Skills Workshop	•	•
A16	Becoming Enterprising	•	•
A17	Solving Problems and Spotting Opportunities	•	•
A18	Turning Your Passion into a Business	•	•

SQA Wellbeing Award SCQF Level 4

Mandatory Units

H18L 44
Exploring Wellbeing

H18M 44
Improving Wellbeing

Barclays Money Skills

		Outcome 1	Outcome 1
		Investigate wellbeing in different contexts, with support	Undertake a planned activity, with support, aimed at improving wellbeing
A1	Money Personality Quiz	•	•
A1	Making the Most of Your Money	•	•
A2	Making Ends Meet	•	•
A2	Planning Your Finances	•	•
A3	Who Wants to be a Squillionaire?	•	•
A3	Money at Work	•	•
A4	Needs and Wants	•	•
A4	Survival workshop	•	•
A5	Money Skills Workshop 11 – 14 years	•	•
A6	Money Skills Workshop 14 – 16 years	•	•
A7	The Budget Game	•	•