

**Unit title: Advanced Personal Development
Level: 3 Credit Value: 3**

The extended piece of writing should total 1500-2000 words.

TITLE : . A positive view of the self is important if we are to succeed in modern society.
Using theoretical evidence discuss the development and maintenance of the self concept

NAME :
DATE
ASSESSOR

Learning Outcomes for Advanced personal development are:

The learner should be able to:

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| 1. Understand the concepts of personal development, transition and change. |
| 2. Understand the context of one's life up to date and how personal development is influenced by transition. |
| 3. Understand the skills involved in developing and maintaining relationships. |
| 4. Understand how personal values affect life. |
| 5. Understand the strategies involved in promoting self esteem in oneself and others. |

Assessment criteria The learner has achieved this outcome because s/he can:	Yes	No	comments
1.1 Design a relevant model of understanding personal development for both personal and professional use.	☺		
2.1 Analyse life changes and identify significant feelings. 2.2 Reflect on how change happens.			
3.1 Analyse the key skills involved in developing and maintaining relationships.			
4.1 Analyse 2 examples of how personal values affect behaviour.			
5.1 Evaluate the strategies involved in promoting self esteem in oneself and others.			

Extra Information and comments
