

1	Personal and Social Development
1	Unit 1: Developing Self
2	Unit 2: Managing Relationships
R.R.P	£179.00

1	Unit 1: Developing Self
1	Take an active role in their self-development
1	Describe personal strengths or abilities
2	Select an area for self-development
3	Explain why this area is important for their self-development
2	Be able to plan for their self-development
1	Prepare a plan for their identified area of self-development
2	List activities, targets and timelines for their self-development
3	Plan how to review progress towards achieving their targets
4	Work through agreed plan
3	Review their self-development and plan for the future
1	Review their self-development plan
2	Suggest improvements and amendments to the plan
3	Explain how they will continue with their self-development in the future
2	Unit 2: Managing Relationships
1	Understand how to interact with others in a range of social situations
1	Identify at least two social situations in which they may need to interact with others
2	Identify positive behaviours which can be used when interacting with others
3	Explain why it is important to use positive behaviours when interacting with others
2	Demonstrate how to interact with others in a range of social situations
1	Take an active role in exchanges on different topics, with one or more people
2	Use a range of appropriate behaviours when participating in the exchanges
3	Use appropriate formal and informal communication techniques