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| Title | **Demonstrate knowledge of strategies for managing own emotions** | | |
| Level | **1** | **Credits** | **2** |

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| Purpose | People credited with this unit standard are able to demonstrate knowledge of strategies for managing own emotions. |

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| Classification | Core Generic > Self-Management |

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| Available grade | Achieved |

**Guidance Information**

1 All concerned with the teaching/learning and assessment relating to this unit standard need to be aware of, and respect, any issues of privacy and confidentiality.

2 Definition

*Wellbeing/hauora* includes physical, mental, emotional, social and spiritual perspectives.

**Outcomes and performance criteria**

**Outcome 1**

Demonstrate knowledge of strategies for managing own emotions.

**Performance criteria**

1.1 Emotions are described in terms of potential effects on behaviour.  
  
Range evidence for three emotions.

1.2 Strategies for managing emotions are identified to enhance own mana and wellbeing/hauora.

Range may include personal and professional sources of support.

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| Planned review date | 31 December 2027 |

**Status information and last date for assessment for superseded versions**

| Process | Version | Date | Last Date for Assessment |
| --- | --- | --- | --- |
| Registration | 1 | 24 March 1998 | 31 December 2015 |
| Revision | 2 | 12 September 2002 | 31 December 2015 |
| Review | 3 | 16 July 2010 | 31 December 2017 |
| Review | 4 | 18 June 2015 | 31 December 2019 |
| Review | 5 | 25 January 2018 | N/A |
| Review | 6 |  | N/A |

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| --- | --- |
| Consent and Moderation Requirements (CMR) reference | 0113 |

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.