|  |  |
| --- | --- |
| **Evidence Gathering Internal Unit Standard Assessment Template** | NZQA-Beacon-CMYK300 |
| Learner Name |       |
| NSN |       |
| Subject | Self-Management | Level | 1 |
| Standard No. | 496 | Version | 10 |
| Standard Title | Produce, implement, and reflect on a plan to improve own personal wellbeing |
|  |  |
| **Outcome** | Produce, implement, and reflect on a plan to improve own personal wellbeing. |
| **Range** | Implementation must be for a minimum of three consecutive weeks and must generate sufficient evidence of change(s) in personal wellbeing. |
| **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. Factors can refer to social, cultural, physical, economic, mental/psychological, spiritual, and/or any other issues that affect personal wellbeing. |
| **Performance****Criteria** | **Descriptor** | NA✓ | A✓ |
| 1.1 | Three factors are described in terms of their effect on own personal wellbeing. | [ ]  | [ ]  |
| 1.2 | Plan to improve personal wellbeing includes three methods of achieving improvement. | [ ]  | [ ]  |
| 1.3 | Plan includes two methods of measuring improvement of own personal wellbeing. | [ ]  | [ ]  |
| 1.4 | Changes in personal wellbeing are identified. | [ ]  | [ ]  |
| 1.5 | Reflection describes the effectiveness of the plan. | [ ]  | [ ]  |
|  |  |  |  |
| **Sufficiency statement:** |
| **Achievement** | All of A must be ticked |
| **TICK OVERALL GRADE** | NA✓ | A✓ |
| [ ]  | [ ]  |