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| **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. | | | |  | |  |
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| **Sufficiency statement:** | | | | | | | |
| **Achievement** | | | All of A must be ticked | | | | |
| **TICK OVERALL GRADE** | | | | | NA✓ | | A✓ |
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