

1	<a href="#">Personal and Social Development</a>
1	Unit 1: Developing Self
2	Unit 2: Managing Relationships
<b>R.R.P</b>	<b>£179.00</b>

1	<b>Unit 1: Developing Self</b>
1	<b>Take an active role in their self-development</b>
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	<b>Be able to plan for their self-development</b>
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	<b>Review their self-development and plan for the future</b>
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	<b>Unit 2: Managing Relationships</b>
1	<b>Understand how to interact with others in a range of social situations</b>
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	<b>Demonstrate how to interact with others in a range of social situations</b>
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