

Unit Standard 496 Assessment

Version 10

Level 1

Credits 3

Candidate's Name: _____

Candidate's NSN: _____

Candidate's D.O.B: _____

Candidate's Contact details: _____

It's #wellness time!



Produce, implement, and reflect on a plan to improve own personal wellbeing

For Capital Training to Complete Only

Assessor's Name: _____

Assessor's Signature: _____

For Capital Training to Complete Only			
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Unit Issued Date:			
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First Attempt Marking Date:	Unit Complete	Standard Not Met	
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First Attempt Marking Comments:

Second Attempt Marking Date:			
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Second Attempt Marking Comments:

Date Unit Awarded:			
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Attestation Form (For Candidate to Sign)

Candidate's Name: _____

I hereby declare that the following is my own work which I have completed to the best of my ability. I have not copied answers or materials from any other sources.

Candidate's Signature: _____

For Capital Training to Complete Only

	Achieved	Final marking date
496v 10		

Assessor's Attestation:

The candidate's performance and knowledge is at a sufficient level to grant this Unit Standard. The assessment was sat and completed in line with any relevant Health and Safety regulations. If assessed again in the future, I am confident that the candidate will be competent.

Assessor's name:

Education Provider:

Date:

Signature:

Module Moderated

Y/N

Unit Awarded

Date:

Assessment Conditions

There are a number of assessment questions and/or observations in this assessment. Ensure that you carefully read each question and set of instructions before you answer and/or perform tasks.

1. All assessment questions/observations must be complete.
2. All tasks in this assessment are open book.
3. You will need a pen and/or access to a computer to complete this assessment dependant on whether you are completing in hard or soft copy.
4. If you are completing this assessment digitally, ensure that it has been downloaded and saved in to your local documents folder before attempting the assessment.
5. Discuss with your tutor the time limit for this assessment.
6. An attestation form found on the assessment must be signed by both the tutor and yourself.
7. All answers must be in your own words.

You may choose to complete this assessment verbally using a speech to text digital tool. Discuss this option with your tutor.

Outcome 1: Produce, implement, and reflect on a plan to improve own personal wellbeing.

Factors Effecting Wellbeing

Throughout your preparations for your Adventurous Journey you will plan, implement, measure and evaluate a plan to improve your own personal wellbeing. In order to make an effective plan, it is important to be able to describe the effects that different factors can have on your wellbeing.

You must describe the effects of at least three factors on your own wellbeing. Factors may include but are not limited to:

- Social
- Cultural
- Physical
- Economic
- Mental/psychological
- Spiritual

Note: You may use the following spaces to type you answers, however you may also create a slideshow, podcast or film to describe the effects that at least three factors have on your own personal wellbeing. Ensure that you submit your slideshow, podcast or film to your observer/mentor.

Factor 1:

Description of the effect that the factor has on your own personal wellness:

Factor 2:

Description of the effect that the factor has on your own personal wellness:

Factor 3:

Description of the effect that the factor has on your own personal wellness:

Plan to Improve Personal Wellbeing

The key to improving personal wellbeing is to create a good plan. You must create a SMART plan to improve your personal wellbeing over the course of at least three weeks in the lead up to your Adventurous Journey.

Note: You may use the following spaces to type out your plan, however you may also create a slideshow, podcast or film to create and present your wellbeing plan. Ensure that you submit your slideshow, podcast or film to your observer/mentor.

What is your wellbeing goal?

You must identify three methods that you are going to utilise to increase your personal wellbeing. Once you have identified your three methods to achieve improvement and before you implement your plan; discuss them with your tutor to ensure that they are appropriate to achieving your goal.

Method 1 for achieving an improvement in wellbeing:

Method 2 for achieving an improvement in wellbeing:

Method 3 for achieving an improvement in wellbeing:

No plan is complete without provisions to measure your success or failure. Your plan must include descriptions of two ways that you are going to measure improvement (or lack thereof) in your own personal wellness.

Description of measuring method 1:

Description of measuring method 2:

Implement Your Plan

You must implement your wellbeing plan for at least three weeks. The longer you implement your plan, the better your results are going to be.

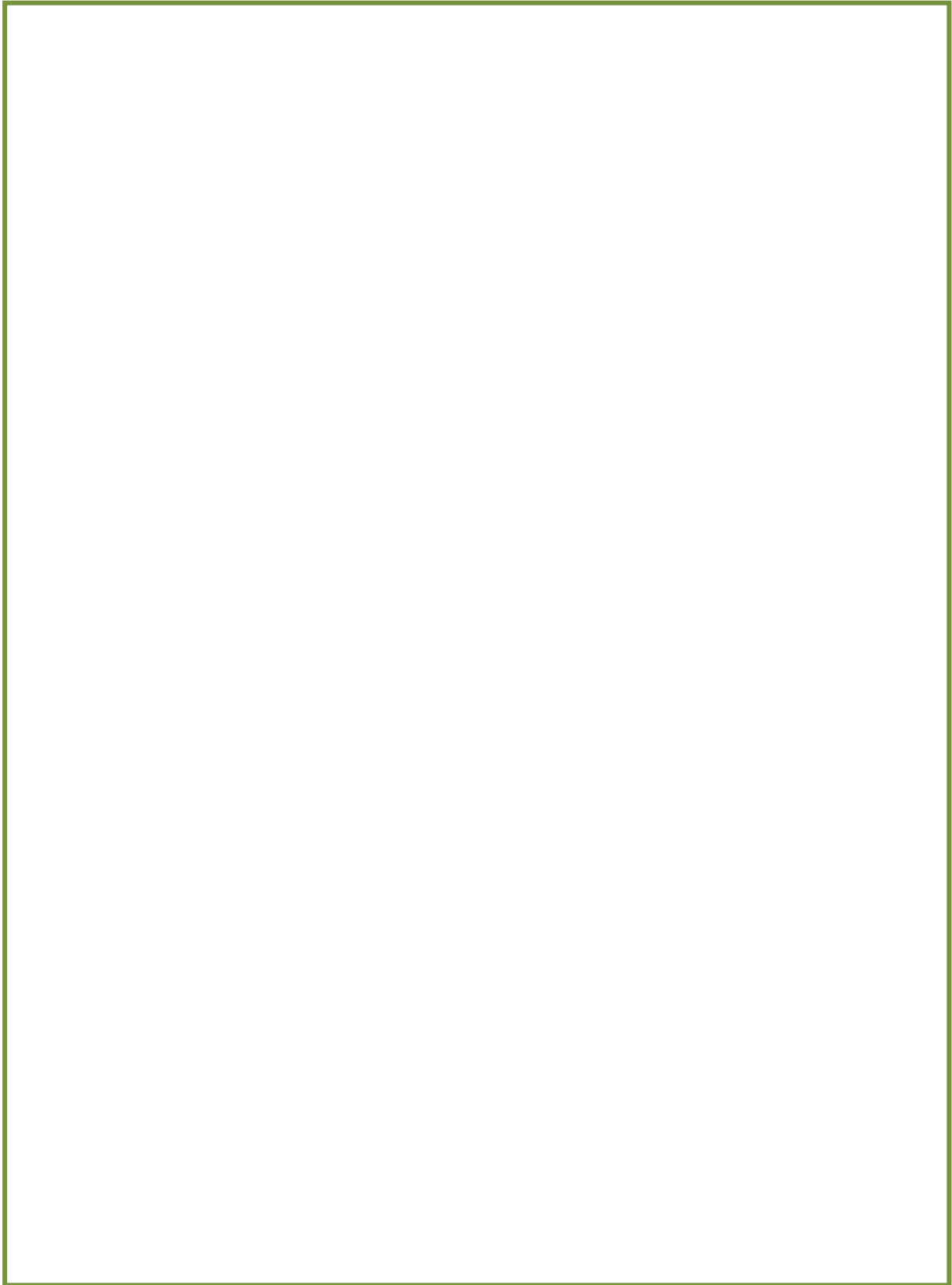
As you progress through your plan, you must document the changes in your personal wellbeing. You must measure these changes in your wellbeing using two measuring methods that you described in your plan.

You may use the diary over the next few pages to document changes in your personal wellbeing throughout the three week (or longer period) or you may create a vlog that you update once or twice a week.

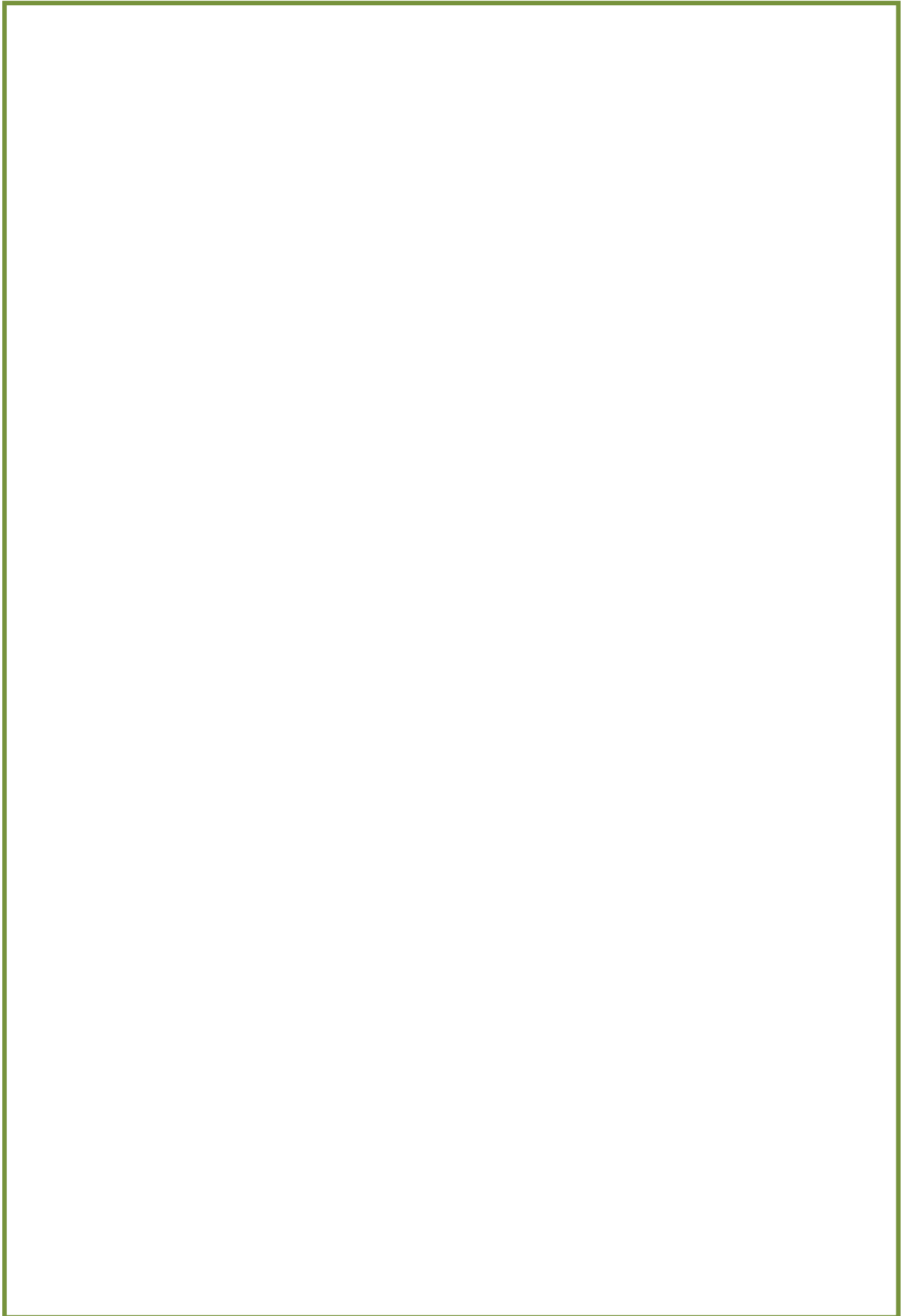
If you do create a vlog, ensure that you submit it to your observer/mentor for marking.

Changes in personal wellbeing Diary

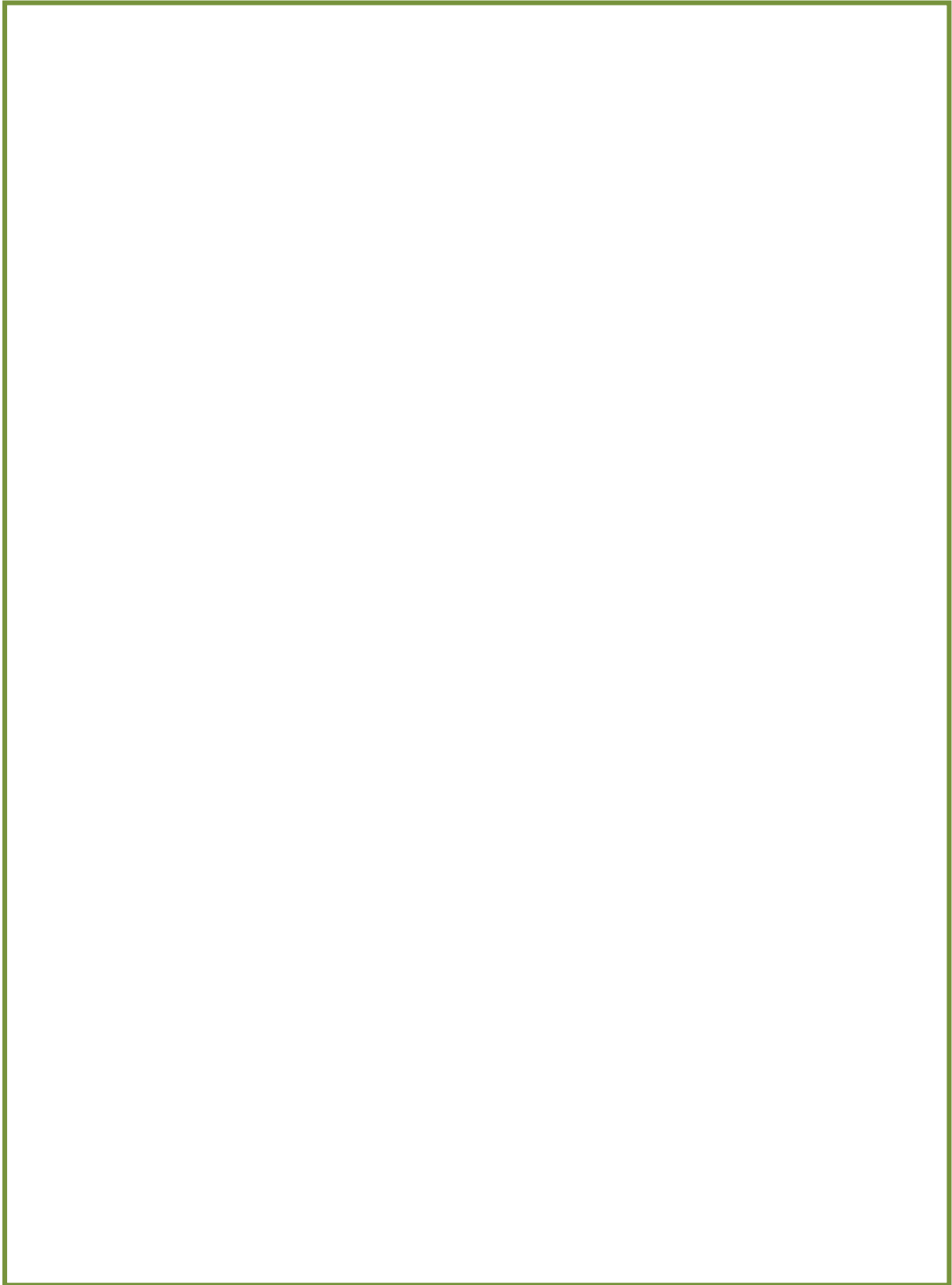
Week 1:



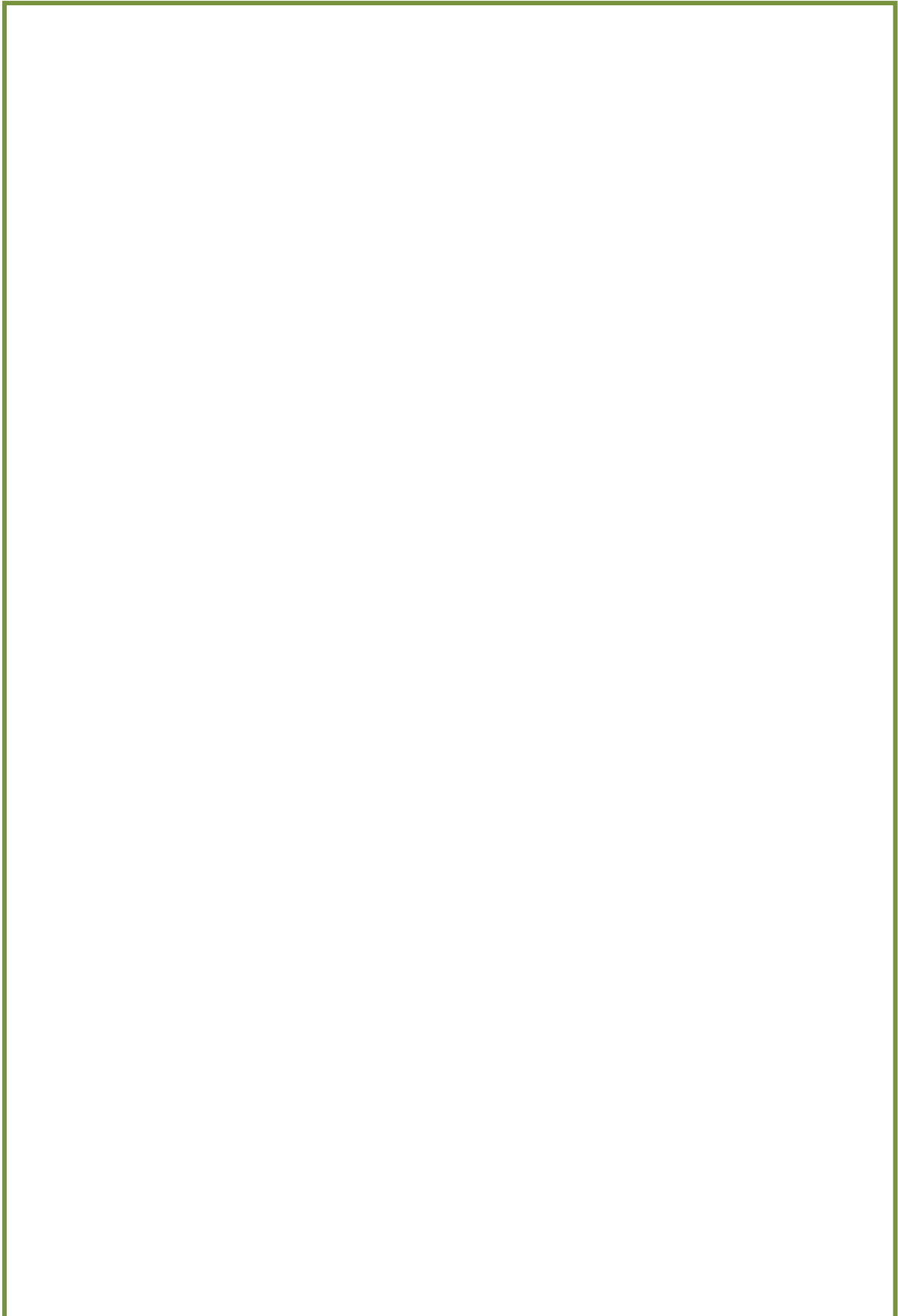
Week 2:



Week 3:



Week 4+ (if continued):



Time to Reflect

Note: Complete this section once you have finished implementing your personal wellness plan and have identified changes to your personal wellbeing.

It is important to evaluate a plan in order to determine if it was successful or needs to be modified to improve personal wellbeing.

Use this page or create a vlog to reflect and describe the effectiveness of your plan. Your reflection must include the changes in personal wellbeing that you identified over the three+ weeks that you implemented your plan. You must describe what worked, what didn't work and if there are any areas for improvement.

For Capital Training to Complete Only

Assessment Schedule for Unit 496 v10 L1 C3

Produce, implement, and reflect on a plan to improve own personal wellbeing

Evidence requirements	Evidence Statement (what the assessor looks for)	Judgement Statement (how well or how many)	✓1 st marking	✓2 nd marking
Outcome 1 Produce, implement, and reflect on a plan to improve own personal wellbeing. Range: Implementation must be for a minimum of three consecutive weeks.				
1.1 Factors are described in terms of their effect on own personal wellbeing. Range evidence is required for at least three.	Factors x3	The candidate has correctly described the effects that three factors have on their personal wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>
1.2 Plan to improve personal wellbeing includes three methods of achieving improvement.	Written plan OR Slideshow, film or podcast	The candidate has created a plan to improve their personal wellbeing over a period of three weeks or longer. The plan includes a description of three methods that they will utilise to improve their own personal wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>
1.3 Plan includes two methods of measuring improvement of own personal wellbeing.	Written plan OR Slideshow, film or podcast	The candidate has created a plan to improve their personal wellbeing over a period of three weeks or longer. The candidates plan includes descriptions of two methods of measuring their improvements in wellbeing. The measurement methods described are suitable to the stated goal.	<input type="checkbox"/>	<input type="checkbox"/>
1.4 Changes in personal wellbeing are identified.	Changes in personal wellbeing diary OR Vlog	The candidate has kept notes of changes to their wellbeing over the three week or longer period. The noted changes are observed using the candidate's measurement methods.	<input type="checkbox"/>	<input type="checkbox"/>

1.5 Reflection describes the effectiveness of the plan.

Reflection and evaluation

OR

Vlog

Upon the conclusion of the candidate's wellbeing plan, the candidate has compared their changes in personal wellbeing and has concluded if the plan was a success or not.

The reflection includes a description of what worked and didn't work as well as if there are any areas for improvement in their plan.