

Ascentis **Level 1 Award** in



Managing Uncertainty and Self-Resilience for Employability Overview Specification

This qualification is being withdrawn. The last date of registration for learners is 31st July 2024 after which no further learners can be registered.

The certification end date is 31st July 2025. If you require any further clarification, please email development@ascentis.co.uk.

Ofqual Number:	603/7476/7
Ofqual Start Date:	01/05/2021
Ofqual Review Date:	31/07/2024
Ofqual Certification Review Date:	31/07/2025

Qualification Overview

The Ascentis Level 1 Award in Managing Uncertainty and Self-Resilience for Employability qualification is designed to give learners the knowledge and understanding of the effects of uncertainty and change on personal stress; raise awareness of mindfulness and stress management techniques to manage self during these times; and raise awareness of transferable skills to build confidence and support employability.

There are several features of this qualification that make it very appropriate for its target learners:

- Assessment and certification can be offered throughout the year, allowing maximum flexibility for centres
- Qualification is offered as a single unit of 24 guided learning hours
- It can be delivered either as a classroom-based course or as a blended learning programme
- There is a learner workbook and glossary to support learners with this qualification

Aims

The aims of the qualification are to enable learners to:

- Know the effects of change, uncertainty and stress on self and others
- Know how to manage self during times of uncertainty and change
- Understand transferable skills and employability
- Understand how mindfulness and other techniques can be used to create calm and resilience to lessen stress and anxiety in work and life

Target Group

The qualification is aimed at a range of learners, including:

- Young people wishing to pick up an Award as part of another learning programme
- Young people aged 16–19 who are in various learning environments
- Adult learners

Regulation Codes

Ofqual Qualification Number: Ascentis Level 1 Award in Managing Uncertainty and Self-Resilience for Employability 603/7476/7

Assessment Method

All units are internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria, internally assessed and verified by the centre and then externally verified by Ascentis.

Resources to Support the Delivery of the Qualification

There is indicative content, a learner workbook and a glossary (Appendix 1) to support the delivery of this qualification.

Rule of Combination

Learners must complete one unit for the Ascentis Level 1 Award in Managing Uncertainty and Self-Resilience for Employability qualification.

Ascentis Level 1 Award in Managing Uncertainty and Self-Resilience for Employability				
Title	Level	Credit Value	TQT	Unit Reference
Managing Uncertainty and Self-Resilience for Employability	1	3	32	H/618/7066

Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 24.

Total Qualification Time (TQT)

The total qualification time for this qualification is 32.

Age range of Qualification

This qualification is suitable for young people aged 16-19 and adult learners.

Contact & Further Information

New Centres please email hello@ascentis.co.uk or call 01524 845046.

Existing Centres please visit the login area of our website www.ascentis.co.uk to view the full specification.

Product Development for enquiries please email development@ascentis.co.uk.