



Ascentis Entry 3 and Level 1 Award in The Importance of Resilience and Grit Specification

Ofqual Number:

Entry 3 Award – 603/4278/X

Level 1 Award – 603/4279/1

Ofqual Start Date:

01/04/2019

Ofqual Review Date:

31/07/2027

Ofqual Certification Review Date:

31/07/2028

ABOUT ASCENTIS

Ascentis was originally established in 1975 as OCNW, a co-operative scheme between Universities and Colleges of Further Education. Ascentis was the first 'Open College' in the UK and served the needs of its members for over 34 years. OCNW grew throughout this period yet maintained its independence in order that it could continue to respond to the requirements of its customers and provide a consistently high standard of service to all centres across the country and, in recent years, to its increasing cohorts of overseas learners.

In 2009 OCNW became Ascentis – a company limited by guarantee and a registered educational charity.

Ascentis is distinctive and unusual in that it is both:

- **an Awarding Organisation** regulated by the Office of Qualifications and Examinations Regulation (Ofqual, England), Council for the Curriculum, Examinations and Assessment (CCEA, Northern Ireland) and Qualifications Wales

and

- **an Access Validating Agency (AVA)** for 'Access to HE Programmes' licensed by the Quality Assurance Agency for Higher Education (QAA).

Ascentis is therefore able to offer a comprehensive ladder of opportunities to centres and their students, including Foundation Learning, vocational programmes and progression to QAA-recognised Access to HE qualifications. The flexible and adult-friendly ethos of Ascentis has resulted in centres throughout the UK choosing to run its qualifications.

ASCENTIS CONTACT DETAILS

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TABLE OF CONTENTS

ASCENTIS ENTRY 3 AND LEVEL 1 AWARDS IN THE IMPORTANCE OF RESILIENCE AND GRIT

Introduction	4
Aims	4
Target Group	4
Ofqual Qualification Number	4
Award of the Qualifications	5
Guided Learning Hours (GLH) Total Qualification Time (TQT)	5
Recommended Prior Knowledge, Attainment and/or Experience	5
Age Range of Qualification	5
Opportunities for Progression	5
Resources to Support the Delivery of the Qualification	5
Centre Recognition	6
Qualification Approval	6
Registration	6
Status in England, Wales and Northern Ireland	6
Reasonable Adjustments and Special Considerations	6
Enquiries and Appeals Procedure	6

ASSESSMENT AND VERIFICATION ARRANGEMENTS

Assessment	7
Internal Assessment	7
Verification	7
Internal Verification	7
External Verification	8
Knowledge, Understanding and Skills Required of Assessors and Internal Verifiers	8

UNIT SPECIFICATIONS

Entry 3: The Importance of Resilience and Grit	9
Level 1: The Importance of Resilience and Grit	13
Appendix 1: Summary Record of Achievement	17
Appendix 2: Tracking Sheet	19

ASCENTIS ENTRY 3 AND LEVEL 1 AWARDS IN THE IMPORTANCE OF RESILIENCE AND GRIT

Introduction

These one-unit qualifications introduce learners to what is meant by the terms 'resilience' and 'grit' and how they can be used to support own behaviour and character.

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 20 guided learning hours
- It can be delivered either as a classroom-based course or as a blended learning programme
- There are tutor resources and a learner workbook

Aims

The aims of the qualification are to enable learners to:

- 1 Understand the importance of resilience
- 2 Know how to develop resilience
- 3 Understand the importance of grit

Target Group

This qualification is aimed at a range of learners who are interested in learning the importance of resilience and grit.

Ofqual Qualification Numbers:

Ascentis Entry 3 Award in The Importance of Resilience and Grit – 603/4278/X
Ascentis Level 1 Award in The Importance of Resilience and Grit – 603/4279/1

Award of the Qualifications

Learners must complete one unit for the Entry 3 or Level 1 Award in The Importance of Resilience and Grit.

Ascentis Entry 3 Award in The Importance of Resilience and Grit				
Title	Level	Credit Value	TQT	Unit reference
The Importance of Resilience and Grit	Entry 3	2	20	T/615/8977

Ascentis Level 1 Award in The Importance of Resilience and Grit				
Title	Level	Credit Value	TQT	Unit reference
The Importance of Resilience and Grit	Level 1	2	20	M/615/9268

Guided Learning Hours (GLH)

The recommended guided learning hours for each of these qualifications is 20.

Total Qualification Time (TQT)

The total qualification time for each of these qualifications is 20 hours.

Recommended Prior Knowledge, Attainment and/or Experience

No recommended prior learning or experience is required.

Age Range of Qualification

This qualification is suitable for young people aged 14–19 and adult learners.

Opportunities for Progression

These qualifications are intended to give learners an understanding of resilience and grit which can be applied in a wide variety of contexts. Learners may use the qualification as a stand-alone course or as part of a longer vocational or academic programme of study. Learners may also use the qualification as an element of their continuing professional development.

Resources to Support the Delivery of the Qualification

There is a tutor resource PowerPoint and learner workbooks available for the Entry 3 and Level 1 mandatory units in The Importance of Resilience and Grit. These can be found on the Ascentis electronic portal.

Many Ascentis units include suggested content to support wider learning opportunities across three priority areas:

- Digital
- Well-being
- Sustainability.

They are not compulsory and do not form part of the assessment. They are suggestions for tutors who may wish to link the unit content into these areas to further support learner progression in education, training and work.

Centre Recognition

This qualification can only be offered by centres recognised by Ascentis and approved to run this qualification. Details of the centre recognition and qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at www.ascentis.co.uk.

Qualification Approval

If your centre is already a recognised centre, you will need to complete and submit a qualification approval form to deliver this qualification. Details of the qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at www.ascentis.co.uk.

Registration

All learners must normally be registered with Ascentis within seven weeks of commencement of a course via the Ascentis electronic registration portal. Late registration may result in a fee, refer to the latest version of the product catalogue.

Status in England, Wales and Northern Ireland

These qualifications are available in England. They are only offered in English. If you wish to deliver them in any other nation, please contact development@ascentis.co.uk.

Reasonable Adjustments and Special Considerations

In the development of this qualification, Ascentis has made every attempt to ensure that there are no unnecessary barriers to achievement. For learners with particular requirements, reasonable adjustments may be made in order that they can have fair assessment and demonstrate attainment. There are also arrangements for special consideration for any learner suffering illness, injury or indisposition. Full details of the reasonable adjustments and special considerations are available from the log in area of the Ascentis website www.ascentis.co.uk or through contacting the Ascentis office.

Enquiries and Appeals Procedure

Ascentis has an appeals procedure in accordance with the regulatory arrangements in the Ofqual *General Conditions of Recognition*. Full details of this procedure, including how to make an application, are available from the log in area of the Ascentis website www.ascentis.co.uk or through contacting the Ascentis office.

ASSESSMENT AND VERIFICATION ARRANGEMENTS

Assessment

The unit is internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria. Centres can use the assessment booklet developed by Ascentis (available to download from the Ascentis electronic portal) which covers all the assessment criteria. The evidence will be internally assessed and verified by the centre and then externally verified by Ascentis.

On completion of the learners' evidence for the Award, the assessor is required to complete the Summary Record of Achievement for each learner. The Summary Record of Achievement form is provided in [Appendix 1](#).

Centres are required to retain all evidence from all learners for external verification and for four weeks afterwards should any appeal be made.

Internal Assessment

Evidence is through a portfolio of evidence, which can be built up using the assessment booklet developed by Ascentis to demonstrate that all the assessment criteria within the unit have been achieved. The evidence will be assessed by the assessor at the centre, who may or may not be the tutor teaching the course.

If the learner fails to meet the assessment criteria at the first attempt at an activity, they may redraft the work following feedback given by the tutor. However, tutors must not correct the work of the learner, and all feedback given by the tutor must be included within the learner's evidence.

Learners' portfolio work should include a tracking sheet to show where the evidence for each assessment criterion is to be found. Some activities could produce evidence for more than one criterion, which is acceptable as long as there is clear reference to this on the tracking sheet. An example of a tracking sheet is found in [Appendix 2](#).

Verification

Internal Verification

Internal verification is the process of ensuring that everyone who assesses a particular unit in a centre is assessing to the same standards, i.e., consistently and reliably. Internal verification activities will include: ensuring any stimulus or materials used for the purposes of assessment are fit for purpose; sampling assessments; standardisation of assessment decisions; and standardisation of internal verification decisions. Internal Verifiers are also responsible for supporting assessors by providing constructive advice and guidance in relation to the qualification delivered.

Training for this role is available through an Ascentis Internal Quality Assurance course. The purpose of the course is to provide staff in centres with knowledge and understanding of Ascentis IQA processes and procedures, which will enable them to carry out their role more effectively. To book your place on a course or request further information, please contact the Ascentis Quality Assurance team (qualityassurance@ascentis.co.uk).

Further information is available from the log in area of the Ascentis website www.ascentis.co.uk.

External Verification

Recognised centres will be verified in accordance with a verification model that is considered most appropriate for the provision. More frequent verifications can be requested from the Ascentis Quality Assurance team, for which there is usually an additional charge. External verification will usually focus on the following areas:

- Ensuring the centre is using appropriate assessment methods and making appropriate assessment decisions according to Ascentis' requirements.
- Ensuring the centre has appropriate internal quality assurance arrangements as outlined within the relevant qualification specification.
- Checking that the centre is using appropriate administrative arrangements to support the function of delivery and assessment.

External Quality Assurers will usually do this through discussion with the assessment and Internal Quality Assurance staff; verifying a sample of learners' evidence; talking to learners, reviewing relevant centre documentation and systems.

Knowledge, Understanding and Skills Required of Assessors and Internal Verifiers

Centres must ensure that those delivering and assessing Ascentis qualifications are occupationally knowledgeable and competent within the relevant subject area.

Centres are responsible for ensuring that all staff involved in the delivery of the qualification are appropriately qualified. Ascentis will not be held responsible for any issues that relate to centre staffing which could impact on the successful delivery, assessment and internal quality assurance of our qualifications.

Those delivering the qualification should preferably hold or be working towards a recognised teaching qualification. Assessors must be able to make appropriate assessment decisions. Internal Quality Assurers need to have knowledge and experience of the internal quality assurance processes.

Centres are required to ensure that appropriate training and support is in place for staff involved in the delivery, assessment and internal verification of Ascentis qualifications.

Ascentis offers free support for centres. Further information on the support that is available can be found on the Ascentis electronic portal or the Ascentis website.

UNIT SPECIFICATIONS

Unit Title: The Importance of Resilience and Grit
Unit Reference Number: T/615/8977

Credit Value of Unit: 2

GLH of Unit: 20

Level of Unit: Entry 3

Learning Outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1 Understand the importance of resilience.	1.1 State what is meant by resilience. 1.2 Give one reason why resilience is an important character trait. 1.3 Identify one situation where own resilience skills were used.
2 Know how to develop resilience.	2.1 State why it is important to develop own resilience. 2.2 Give reasons why resilience is important to a person's health and well-being. 2.3 Identify one way own resilience could be improved.
3 Understand the importance of grit.	3.1 State what is meant by grit. 3.2 Give one reason why grit is an important character trait. 3.3 Identify how grit can help achieve own goals. 3.4 Identify a situation where own grit was used.

Indicative Content

Please be aware that the indicative content supplied below is a suggested guide only

1. Understand the importance of resilience.

The meaning of resilience

The Oxford English Dictionary defines it as “The capacity to recover quickly from difficulties; toughness”.

The Cambridge English Dictionary defines it as “the ability to be happy, successful, etc. again after something difficult or bad has happened”.

Resilience can also be described as:

- Bouncing back after experiencing difficult times
- Dealing with challenges and still continuing with your life
- Giving your best effort at everything you do
- Being strong on the inside
- Being able to cope with what life throws at you and making the most of it
- Being able to stand up for yourself

The importance of resilience

Examples include:

- Improved academic achievement
- Reduced levels of sickness including needing time off from work/school/college
- Increased levels of physical health

- Increased involvement in society
- Increased levels of social interaction e.g., family, friends, groups etc.
- Reduction in the use of risk-taking behaviour such as alcohol, drugs and smoking
- Proactive approach in managing own mental health

Situations where own resilience skills were used

Examples include:

- Showing signs of tolerance with disagreements (participating in arguments/debates without becoming emotional)
- Showing signs of optimism by looking at the positive aspects of situations
- Being persistent and finding a way through a problem to achieve a goal
- Good time management e.g., remaining productive and working to pressure by achieving targets
- Using mistakes as learning opportunities to improve

2. Know how to develop resilience.

The importance of developing own resilience

Examples include:

- It enables you to fulfil your potential by dealing with life's challenges
- It enables you to be healthy and look after your mental health
- It enables you to manage different life stresses better

Why resilience is important to own health and well-being

Examples include:

- It improves energy levels
- It allows meaningful relationships to be developed e.g., personal and work
- It allows you to challenge your own beliefs
- It challenges negative beliefs and allows the focus to be on positive ones
- It allows you to focus on your achievements
- It enables you to set out your priorities and work towards goals
- It enables better management of own emotions
- It can strengthen your immune system
- It aids restful sleep

Ways own resilience could be improved

Examples include:

- Self-awareness - understanding how you are feeling
- Self-management - being able to control how you are feeling
- Empathy - understanding how others may feel
- Interpersonal skills - developing interactive relationships with others
- Being positive about life
- Being constructive when dealing with issues in life
- Taking a problem-solving approach to challenges
- Taking every opportunity to learn and develop self
- Building a network of support
- Developing a work/life balance
- Eating a healthy diet
- Getting regular exercise
- Doing things for other people

3. Understand the importance of grit.

The meaning of Grit

The Cambridge English Dictionary defines it as “courage and determination despite difficulty”.

The Oxford English Dictionary defines it as “courage and resolve; strength of character”.

The importance of Grit

It is a personality trait that is the driver of success and achievement through perseverance

Examples include:

- Athletes commit to extensive training programmes to compete and persevere through rigid diets, training plans, injuries etc. to compete at the top of their sport
- Soldiers show grit when they endure extreme hardship to achieve a mission set by their commanders
- Politicians show grit when they push through with policy's and ideas into laws with the aim to change lives

How Grit can help achieve own goals

Grit can help achieve own goals because the person can deal with setbacks and continue to achieve their long-term goal.

Grit is associated with the following words:

- Courage
- Strength of character
- Dedication
- Commitment
- Spirit
- Tenacity
- Determination
- Fortitude
- Endurance
- Steel
- Nerve

Situations when Grit was used

Examples include:

- Achieving own exam result goal
- Winning in a sport
- Achieving a goal despite multiple set backs
- Completing a marathon/ half marathon
- Achieving an award e.g., volunteering, cadets, scout's etc.

Suggested opportunities to develop wider awareness, learning and skills		
Digital	Well-being	Sustainability
Learners could: • Create a digital action plan using word processed documents or spreadsheets. Setting goals, using SMART objectives and how grit can enable this. • Set digital skills they could develop to put resilience and grit in action.	Learners could: • Explore concepts from the Five ways to Well-being that support them in building resilience and grit Connect: spending time with others, meeting new people, building on social interactions. Give: Offer time and energy to others, including volunteering or just helping a friend, give compliments. Be Active: Build activity into daily routines, making small changes to increase overall health and fitness. Take notice: Take time to notice what is happening around them, focus on sights and sounds, taking time to be in nature in the garden or a park. Keep learning: reading about a new subject, visiting a museum, learning new skills all help to increase a sense of interest, purpose and well-being.	Learners could: • Think about activists that have shown grit to support the environment and protect it for the future e.g. Greta Thunberg. • State actions they could focus on to protect the environment and demonstrate resilience and grit. Examples include: - Learning about climate change. - Changing own behaviours and actions to support sustainable living such as recycling, reducing waste and energy use.

UNIT SPECIFICATIONS

Unit Title: The Importance of Resilience and Grit
Unit Reference Number: M/615/9268

Credit Value of Unit: 2

GLH of Unit: 20

Level of Unit: Level 1

Learning Outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1 Understand the importance of resilience.	1.1 Explain what is meant by resilience.
	1.2 Explain why resilience is an important character trait.
	1.3 Describe situations where own resilience skills were used and the impact.
2 Know how to develop resilience.	2.1 Explain how resilience can help develop own character.
	2.2 Identify and describe ways of improving own resilience.
3 Understand the importance of grit.	3.1 Explain what is meant by grit.
	3.2 Explain why grit is an important character trait.
	3.3 Identify ways that grit can help develop other aspects of own character.
	3.4 Describe situations where own grit was used and the impact.

Indicative Content

Please be aware that the indicative content supplied below is a suggested guide only.

1. Understand the importance of resilience.

The meaning of resilience

The Oxford English Dictionary defines it as “The capacity to recover quickly from difficulties; toughness”.

The Cambridge English Dictionary defines it as “the ability to be happy, successful, etc. again after something difficult or bad has happened”.

Resilience can also be described as:

- Bouncing back after experiencing difficult times
- Dealing with challenges and still continuing with your life
- Giving your best effort at everything you do
- Being strong on the inside
- Being able to cope with what life throws at you and making the most of it
- Being able to stand up for yourself

The importance of resilience as a character trait

Examples include:

- Improved academic achievement
- Reduced levels of sickness including needing time off from work/school/college
- Increased levels of physical health
- Increased involvement in society

- Increased levels of social interaction e.g., family, friends, groups etc.
- Reduction in the use of risk-taking behaviour such as alcohol, drugs and smoking
- Proactive approach in managing own mental health
- Productivity at work

Situations where own resilience skills were used and its impact

Examples include:

- Showing signs of tolerance with disagreements (participating in arguments/debates without becoming emotional)
- Showing signs of optimism by looking at the positive aspects of situations
- Being persistent and finding a way through a problem to achieve a goal
- Good time management e.g., remaining productive and working to pressure by achieving targets
- Using mistakes as learning opportunities to improve

The impact

Examples include:

- Influencing other people's views
- Sharing positivity with others
- Achieving a set goal
- Helping others to achieve their goals
- Learning new knowledge and skills

2. Know how to develop resilience.

How resilience can develop own character

Examples include:

- It enables you to fulfil your potential by dealing with life's challenges
- It enables you to be healthy and look after your mental health
- It enables you to manage different life stresses better

Ways own resilience could be improved

Examples include:

- Self-awareness - understanding how you are feeling
- Self-management - being able to control how you are feeling
- Empathy - understanding how others may feel
- Interpersonal skills - developing interactive relationships with others
- Being positive about life
- Being constructive when dealing with issues in life
- Taking a problem-solving approach to challenges
- Taking every opportunity to learn and develop self
- Building a network of support
- Developing a work/life balance
- Eating a healthy diet
- Getting regular exercise
- Doing things for other people

3. Understand the importance of grit.

The meaning of Grit

The Cambridge English Dictionary defines it as "courage and determination despite difficulty".

The Oxford English Dictionary defines it as "courage and resolve; strength of character".

Defined by the creator of the term Grit, Angela Lee Duckworth as "Grit is passion and perseverance for very long-term goals. Grit is living life like it's a marathon, not a sprint".

The importance of Grit to own character

Angela Lee Duckworth defines the importance of Grit as “working strenuously toward challenges, maintaining effort and interest over years despite failures, adversity, and plateaus in progress.

It is a personality trait that is the driver of success and achievement through perseverance.

It is important to own character as it provides the mind-set to take on life's challenges and succeed in achieving own goals.

Examples of Grit in action include:

- Athletes commit to extensive training programmes to compete and persevere through rigid diets, training plans, injuries etc. to compete at the top of their sport
- Soldiers show grit when they endure extreme hardship to achieve a mission set by their commanders
- Politicians show grit when they push through with policy's and ideas into laws with the aim to change lives
- Entrepreneurs who set up businesses from nothing and develop it into a successful company/brand.

Examples of public figures who have showed grit as a personality trait:

- Lord Alan Sugar (Business Leader and Member of the House of Lords)
- Baroness Karen Brady (Business Leader and Member of the House of Lords)
- Tony Blair (British Prime Minister)
- Margaret Thatcher (British Prime Minister)
- Ed Sheeran (Singer/Songwriter)
- Adele (Singer/Songwriter)
- Sir Alex Ferguson (Sports leader)
- Hilary Clinton (US Secretary of State and First Lady)
- Mark Zuckerberg (Business leader: Facebook)

Ways Grit can help develop other aspects of own character

Grit can help achieve own goals and develop other aspects of character because the person can deal with setbacks and continue to achieve their long-term goal.

Grit is associated with the following character traits:

- Courage
- Curiosity
- Strength of character
- Dedication
- Commitment
- Spirit
- Tenacity
- Determination
- Fortitude
- Endurance
- Steel
- Nerves

Situations when Grit was used

Examples include:

- Achieving own exam result goal
- Winning in a sport
- Achieving a goal despite multiple set backs
- Completing a marathon/ half marathon

- Achieving an award e.g., volunteering, cadets, scout's etc.

The impact of using Grit

Examples include:

- Employment
- Accepted on to a course
- Financial reward
- Promotion
- Public recognition
- Increased self-esteem

Suggested opportunities to develop wider awareness, learning and skills

	Well-being	
Learners could: • Create a digital action plan using word processed documents or spreadsheets. Setting goals, using SMART objectives and how grit can enable this. • Set digital skills they could develop to put resilience and grit in action.	Learners could: • Explore concepts from the Five ways to Well-being that support them in building resilience and grit Connect: spending time with others, meeting new people, building on social interactions. Give: Offer time and energy to others, including volunteering or just helping a friend, give compliments. Be Active: Build activity into daily routines, making small changes to increase overall health and fitness. Take notice: Take time to notice what is happening around them, focus on sights and sounds, taking time to be in nature in the garden or a park. Keep learning: reading about a new subject, visiting a museum, learning new skills all help to increase a sense of interest, purpose and well-being.	Learners could: • Think about activists that have shown grit to support the environment and protect it for the future e.g. Greta Thunberg. • State actions they could focus on to protect the environment and demonstrate resilience and grit. Examples include: - Learning about climate change. - Changing own behaviours and actions to support sustainable living such as recycling, reducing waste and energy use.

APPENDIX 1

Summary Record of Achievement

Entry 3 Award in The Importance of Resilience and Grit

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)
The Importance of Resilience and Grit	Entry 3	2			

Learner Name _____

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

External Verifier Signature (if sampled) _____

APPENDIX 1

Summary Record of Achievement

Level 1 Award in The Importance of Resilience and Grit

Unit Title	Level	Credit Value	Date completed	Assessor Signature	Internal Verifier Signature (if sampled)
The Importance of Resilience and Grit	Level 1	2			

Learner Name _____

Assessor Signature _____

Internal Verifier Signature (if sampled) _____

External Verifier Signature (if sampled) _____

APPENDIX 2

Tracking Sheet

Entry 3 The Importance of Resilience and Grit

Criteria	Assessment Method	Evidence Details	Portfolio Reference	Completion Date
1.1 State what is meant by resilience.				
1.2 Give one reason why resilience is an important character trait.				
1.2 Identify one situation where own resilience skills were used.				
2.1 State why it is important to develop own resilience.				
2.2 Give reasons why resilience is important to a person's health and well-being.				
2.3 Identify one way own resilience could be improved.				
3.1 State what is meant by grit.				
3.2 Give one reason why grit is an important character trait.				
3.3 Identify how grit can help achieve own goals.				
3.4 Identify a situation where own grit was used.				

The above evidence has been assessed against the standards and has been judged for validity, authenticity, currency, reliability and sufficiency.

Learner Signature _____ Date _____

Assessor Signature _____ Date _____

Internal Verifier (if sampled) _____ Date _____

External Verifier (if sampled) _____ Date _____

APPENDIX 2

Tracking Sheet

Level 1 The Importance of Resilience and Grit

Criteria	Assessment Method	Evidence Details	Portfolio Reference	Completion Date
1.1 Explain what is meant by resilience.				
1.2 Explain why resilience is an important character trait.				
1.3 Describe situations where own resilience skills were used and the impact.				
2.1 Explain how resilience can help develop own character.				
2.2 Identify and describe ways of improving own resilience.				
3.1 Explain what is meant by grit				
3.2 Explain why grit is an important character trait.				
3.3 Identify ways that grit can help develop other aspects of own character.				
3.4 Describe situations where own grit was used and the impact.				

The above evidence has been assessed against the standards and has been judged for validity, authenticity, currency, reliability and sufficiency.

Learner Signature _____ Date _____

Assessor Signature _____ Date _____

Internal Verifier (if sampled) _____ Date _____

External Verifier (if sampled) _____ Date _____