



Life Skills:

Coping & Stress Management

Level: Level One

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. list at least three unhealthy ways of coping with stress, eg smoking, drinking and overeating	Student completed work
2. describe at least three healthy stress management strategies, eg avoid unnecessary stress, adopt a healthy lifestyle and make time for fun	Student completed work
acquired an understanding of 3. the meaning of 'self-efficacy'	Student completed work
4. how to increase the self-efficacy brought to bear on experiences	Student completed work
5. three benefits of a good personal support system	Student completed work
6. three techniques to effectively deal with personal challenges, eg preparation, confrontation and reflection	Student completed work
experienced 7. taking part in a group discussion about coping and stress management skills.	Summary sheet