

Personal Wellbeing: Personal Skills/Action Planning

| Date | Learning Outcomes The learner will: |
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| Lesson 1 | 1. Know how a person's self-concept is affected by a range of factors. |
| Lesson 2 | 2. Know how to assess own academic performance in terms of strengths and weaknesses |
| Lesson 3 | 3. Know how to review own classification. |
| Lesson 4 | 4. Understand the skills/qualities which are important to employees. |
| Lesson 5 | 5. Know how to create a career action plan. |