

Life Skills (Personal and Social Effectiveness Level 1) ASDAN

This course is made up as follows:

Coursework 100%

No examination

ASDAN's new Personal and Social Effectiveness (PSE) qualifications is a nationally recognised qualification. The qualification offers imaginative ways of accrediting students' activities. It promotes and allows students to record a wide range of personal qualities, abilities and achievements as well as introduces them to new activities and challenges.

The qualification has been designed to develop competencies in communication, collaboration and emotional intelligence. The qualification contains a wide variety of flexible and engaging challenges, empowering young people to take control of their learning, discover themselves, and build respectful and inclusive relationships.

Students will produce a portfolio of evidence to demonstrate their achievements. Learners develop their skills through the completion of formative challenges prior to being assessed through a summative challenge.

Learners must complete three units to achieve the award at Level 1, those units are called: Developing Myself and My Performance; Working With Others and Problem Solving. Each unit consists of several modules that aid the learners in developing their skills in these areas.

A more detailed breakdown of the units and topics is below:

Unit one: Developing myself and my performance

- Health and wellbeing
- International links
- Digital communications
- Beliefs and values



Unit two: Working with others

- Citizenship and community
- Sport and leisure
- Environment
- Enterprise
- Beliefs and values

Unit three: Problem solving

- Science and technology
- Expressive arts
- Independent living
- Vocational preparation