

40060**Apply self-management and resilience strategies to organise personal life, maintain well-being, and continue learning**

Kaupae Level	2
Whiwhinga Credit	15
Whāinga Purpose	<p>This standard is for people who need basic learning and employability skills to pursue education or employment pathways. People credited with this Foundation Skills standard are able to develop and apply self-management and resilience strategies to organise personal life, maintain well-being, and continue learning.</p> <p>This standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Foundation Skills (Level 2) [Ref: 2862].</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Describe self-management and resilience strategies.	a. Identify self-management and resilience, and potentially relevant strategies.
	b. Describe relevance of strategies to self.
2. Organise own personal life by applying self-management and resilience strategies.	a. Apply self-management and resilience strategies to enable organising own personal life.
	b. Describe the impact(s) of the self-management and resilience strategies on organising own personal life.
3. Maintain own well-being/hauora by applying self-management and resilience strategies.	a. Apply self-management and resilience strategies to enable maintaining own well-being/hauora.
	b. Describe the impact(s) of the self-management and resilience strategies on maintaining own well-being/hauora.
4. Continue own learning by applying self-management and resilience strategies.	a. Apply self-management and resilience strategies to enable continuing own learning.
	b. Describe the impact(s) of the self-management and resilience strategies on continuing own learning.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria**Assessment specifications:**

- The requirements of this standard derive from the graduate profile outcomes of the New Zealand Certificate in Foundation Skills (Level 2) [Ref: 2862], and are consistent with the *New Zealand Certificates in Foundation and Bridging Supporting Document*. Links provided below.

All activities, including assessment, must reflect the self-development needs of each learner and must be carried out in accordance with the requirements and conditions of the qualification, and should be informed by the *New Zealand Certificates in Foundation and Bridging Supporting Document*. Link provided below.

The primary focus of learning for this standard is on the learner's self-development.

- Content related to this standard may be of a highly personal nature. Full and clear consent of people should be obtained before they participate in any associated learning and assessment. All concerned with the teaching/learning and assessment relating to this standard need to be aware of, and respect, any issues of privacy and confidentiality.
- Learners may be assessed against this standard in a real-life context using naturally occurring evidence or in a realistic simulation. A verifier's checklist is acceptable if accompanied by evidence that includes examples from the learner's performance.
- An appropriate time frame is required for the consistent application of strategies to measure impact(s).
- All activities relevant to this standard must reflect ngā kaupapa o te Tiriti o Waitangi (the principles of the Treaty of Waitangi).
- All activities must, as relevant to learners and/or this standard, reflect the peoples of the Pacific and other cultures, and their world views.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

Self-management and resilience strategies: refer the *New Zealand Certificates in Foundation and Bridging Supporting Document*. Link provided below.

Agency to select appropriate self-management and resilience strategies, as relevant to the individual.

Impact(s) of the self-management and resilience strategies as relevant to the individual.

Support, resources, and services available.

Organise personal life

Personal life can include, as relevant to the individual:

- responsibilities, commitments, wants and needs
- relationships, whānau, education, employment, and community.

Organising own personal life involves systematically managing:

- tasks
- time
- resources

to enhance efficiency and achieve a balanced and fulfilling lifestyle as relevant to the individual.

Maintain well-being

Maintaining own well-being/hauora involves sustaining and actively nurturing a state of health, and promoting a balanced and harmonious equilibrium in various aspects of one's life:

- physical/taha tinana
- mental and emotional/taha hinengaro
- social/taha whānau
- spiritual/taha wairua
- environment/Te taiao.

Possible factors contributing to personal well-being/hauora, as relevant to the individual:

- exercise
- sleep
- nutrition
- stress management
- relationships
- self-care practices
- barriers
- cultural identity
- physical environment
- participation in society
- opportunities.

Continuing learning

Continuing own learning is the ongoing pursuit of knowledge and skills:

- in a variety of learning contexts, and
- needed to progress and succeed in their field of study or employment pathway.

Field of study is any group of knowledge, skills, and attributes, required for a personal goal or area of interest.

Factors affecting one's learning, past, present, and future, could include, as relevant to the individual:

- executive functioning
- metacognition
- learning contexts and environments
- barriers
- aspirations.

Rauemi | Resources

- New Zealand Certificate in Foundation Skills (Level 2) [Ref: 2862]: [Foundation and Bridging qualifications » NZQA](#)
- New Zealand Certificates in Foundation and Bridging Supporting Document: [Foundation and Bridging qualifications » NZQA](#)
- Te Whare Tapa Whā: [Te whare tapa whā and wellbeing | Healthify](#)
- Fono Fale: [Fonofale – Mycare](#)
- Employability Skills: [\(careers.govt.nz\)](#).

Pārongo Whakaū Kouna | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	NZQA National Qualifications Services
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Core Generic > Core Generic > Foundation Skills - Te Ara Tupu
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0113

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	30 May 2024	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact NZQA National Qualifications Services at nqs@nzqa.govt.nz to suggest changes to the content of this skill standard.