

Title	Develop self-management and resilience strategies to maintain and/or improve own wellbeing (Foundation Skills)		
Level	1	Credits	4

Purpose	<p>This unit standard is to help people acquire focused skills, capabilities, knowledge and attributes needed to engage or re-engage with learning.</p> <p>This unit standard has been developed primarily for assessment within programmes leading to the outcomes of the New Zealand Certificate in Foundation Skills (Level 1) [Ref: 2861].</p> <p>People credited with this unit standard are able to develop self-management and resilience strategies to maintain and/or improve own wellbeing.</p>
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Classification	Core Generic > Foundation Skills - Te Ara Tupu
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Available grade	Achieved
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Guidance Information

- 1 This unit standard is one of a suite of standards aligned to New Zealand Certificate in Foundation Skills (Level 1) [Ref: 2861]. The requirements of this standard are consistent with the *New Zealand Certificates in Foundation and Bridging Supporting Document*.

All activities, including assessment, must be carried out in accordance with the requirements and conditions of the qualification, and should be informed by the Supporting Document.

- 2 Content related to this unit 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 unit standard need to be aware of, and respect, any issues of privacy and confidentiality.
- 3 Candidates may be assessed against this unit 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 candidate's performance.
- 4 All activities relevant to this standard must reflect ngā kaupapa o te Tiriti o Waitangi (the principles of the Treaty of Waitangi).

- 5 All activities must, as relevant to candidates and/or this standard, reflect the peoples of the Pacific and other cultures, and their world views.
- 6 *References*
- New Zealand Certificate in Foundation Skills (Level 1) [Ref: 2861]: [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 | Health Navigator NZ](#)
 - Fono Fale: [Fonofale – Mycare](#)
 - Employability Skills Framework: [Employability Skills Framework – Youth Guarantee \(education.govt.nz\)](#).
- 7 For examples of self-management and resilience capabilities, refer to the New Zealand Certificates in Foundation and Bridging Supporting Document (pages 20-21) and/or the *Employability Skills Framework-Youth Guarantee*. Links provided above.

Outcomes and performance criteria

Outcome 1

Develop self-management and resilience strategies to maintain and/or improve own wellbeing.

Performance criteria

- 1.1 Own wellbeing is described in terms of a recognised model or world view.
- 1.2 Issues in maintaining own wellbeing are identified.
- 1.3 Strategies are developed to manage the identified issues.
- Range strategies include two for each of self-management and resilience.
- 1.4 Potential impact of each strategy to maintain own wellbeing is identified.
- Range impacts for the same two strategies for each of self-management and resilience as for 1.3 range.

Planned review date	31 December 2028
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	27 April 2023	N/A

Consent and Moderation Requirements (CMR) reference	0113
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact NZQA National Qualifications Services nqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.