

Title	Develop self-management and resilience strategies to continue learning (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 continue learning.</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*. Link provided below.

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 continue learning.

Performance criteria

1.1 Learning needs are described in terms of own learning needs.

Range evidence of at least three own learning needs is required.

1.2 Impacts on own learning are described in terms of personal life and wellbeing.

Range evidence of two positive and two negative impacts is required.

1.3 Strategies are developed for continuing own learning.

Range evidence of two strategies for each of self-management and resilience is required.

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.