

# COLLEGE AND APPRENTICESHIP ACCESS COURSEWORK

OPEN AWARDS QUALIFICATION UNIT

Developing Own Personal Skills

Unit No: R/615/7058

Level 1

Credit Value: 3

NAME:



**MY OWN  
STRENGTHS**



**MY OWN  
WEAKNESSES**



**IMPROVING  
OWN TIME  
MANAGEMENT**



**SIGNS AND  
SYMPTOMS OF  
STRESS WITHIN  
YOURSELF**





**SIGNS AND  
SYMPTOMS OF  
STRESS WITHIN  
OTHERS**