

Unit Title: Understand Mental Well-Being and Mental Health Promotion

Unit Level: 3

Unit Credit Value: 3

GLH: 14

AIM Awards Unit Code: PT1/3/EA/010

Unique Reference Number: F/602/0097

This unit has 2 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the different views on the nature of mental well-being and mental health and the factors that may influence both across the life span	1.1. Evaluate two different views on the nature of mental well-being and mental health 1.2. Explain the range of factors that may influence mental well-being and mental health problems across the life span, including: <ul style="list-style-type: none"> a. biological factor b. social factors c. psychological factors 1.3. Explain how the following types of risk factors and protective factors influence levels of resilience in individuals and groups in relation to mental well-being and mental health <ul style="list-style-type: none"> a. risk factors including inequalities, poor quality social relationships b. protective factors including socially valued roles, social support and contact

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Know how to implement an effective strategy for promoting mental well-being and mental health with individuals and groups	2.1. Explain the steps that an individual may take to promote their mental well-being and mental health 2.2. Explain how to support an individual in promoting their mental well-being and mental health 2.3. Evaluate a strategy for supporting an individual in promoting their mental well-being and mental health 2.4. Describe key aspects of a local, national or international strategy to promote mental well-being and mental health within a group or community 2.5. Evaluate a local, national or international strategy to promote mental well-being and mental health within a group or community

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the AIM Awards Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

The assessment activities for this unit are indicated in the table below:

Key: P = Prescribed – this assessment method *must* be used to assess the unit.

O = Optional – this assessment method *could* be used to assess the unit.

Case study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	

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Owner:	City and Guilds
Unit Grading Structure	PASS
Sector Subject Areas (SSA)	1.3
Unit Review Date (dd/mm/yyyy)	30/05/2015
Availability for Use	Shared
Restricted organisations	N/A
Assessment Guidance	Learning outcome 1, assessment criteria 1 requires learners to 'explain the range of factors that may influence mental well-being and mental health problems across the life span'. The qualification is aimed at those working with people aged 18 to 65 years but learners are expected to demonstrate their understanding of how factors arising from individuals' early lives may influence their well-being as adults and the potential impact of levels of well-being in adulthood their well-being in later life. This is in order to promote a holistic and whole person approach to understanding well-being and mental health. Learners are not expected to have a detailed understanding of mental health issues for children and young people or older people.
Equivalences	N/A