

Mental Health and Wellbeing Award (Course Code: GP2V 45) SCQF Level 5 (18 Credit Points) **with** **Personal Development** (Course Code: GF2L 45) SCQF Level 5 (24 Credit Points)

Why study Mental Health and Personal Development Award?

You will learn what mental health is, what affects it, how to support your own mental health and that of others.

You will gain an insight into how mental health can be affected by the pressures of modern-day life, such as social media, and technology, and will gain valuable techniques to help you cope with leaving school and the adult world.

You will be encouraged to challenge yourself and others, overcome nerves and become a confident individual who can present in front of an audience and will speak up in team situations.

You will learn to share your learning with others, be self-motivated and reflective, be organised, develop clear communication skills, timekeeping skills and other skills desired by employers.

What will I study?

You will learn:

- the history of mental health and its treatment throughout time.
- the meaning of mental health
- what can affect it and how to improve or support a person's mental health
- how to be a strong group member and public speaker
- how to deliver a product that is of a high standard
- how to reflect on your work and target set.

How will I be assessed?

Pupils will build a portfolio of evidence and are assessed through continuous assessments to meet unit outcomes.