

Curricular Area: Health and Wellbeing		Subject: Wellbeing Award	
	National 5 (SCQF Level 5)		
	Course Content	Course Content	Course Content
	1. Exploring Wellbeing You will be asked to compare well-being in different contexts. The contexts that students could choose are numerous. Some examples of contexts are: ◆ individual ◆ local community ◆ global community ◆ environmental ◆ social ◆ technological ◆ psychological and emotional You will be asked to explain influences on well-being using a range of sources of information. You will gather information from a number of sources to support your exploration of well-being. Information may be gathered from sources such as: leaflets, adverts, case studies, media, internet, dictionary, books, magazines, witness testimony, interviews, guest speakers and visits. 2. Improving Wellbeing In this Unit, you will undertake an activity which is aimed at improving well-being. This could involve improving your own well-being, well-being in your school or local community, or the well-being of other people around the world.		

	In order to achieve the Unit you will have to gather a folio of evidence containing following: ♦ an indication of the activity you are going to complete to improve an aspect of well-being ♦ a record of at least two targets that you have set to improve this aspect of well-being – these should be agreed with your teacher, lecturer or tutor ♦ a detailed plan for the activity which will help you achieve your targets ♦ a record which you have kept while you were carrying out your plan ♦ confirmation from your teacher/lecturer/tutor that you have completed the activity ♦ an evaluation and review of the activity and how well it helped you meet your targets for improving well-being.		
	How will the course be assessed?	How will the course be assessed?	How will the course be assessed?
	The course is assessed as open-book with submission dates to be agreed with the teacher. Learners can select their preferred method of assessment (where a choice is available) and with appropriate support from the teacher.		
Career Pathways			
Studying wellbeing opens up diverse career paths in areas such as counselling, therapy, social work, and psychology. This course is also beneficial to those interested in working in healthcare, education, corporate wellness, or non-profits, providing support and resources to individuals and communities. For individuals, increasing knowledge in mental health not only fosters a deeper understanding of personal wellbeing but also equips them to support others more effectively. This knowledge can lead to personal growth, enhanced empathy, and the ability to advocate for better mental health care, making a meaningful difference in society.			