



Australian Government

**Assessment Requirements for
CUAWHS602 Develop techniques for
maintaining resilience in a competitive
environment**

Assessment Requirements for CUAWS602 Develop techniques for maintaining resilience in a competitive environment

Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

Performance Evidence

Evidence of the ability to:

- develop strategies to address performance issues in a manner that demonstrates understanding of:
 - behavioural principles
 - ways to cope with performance anxiety
- implement, monitor and adjust strategies in response to self-evaluation
- work collaboratively to develop techniques for maintaining resilience in a competitive environment.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain key features of the following in the context of working and performing in a competitive environment:
 - cognitive behavioural model of psychology
 - theories of social behaviour
 - operation of the nervous system
 - theories relating to anxiety
 - physiological responses to stress and anxiety.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to:

- information on behavioural theories
- opportunities to reflect on effectiveness of strategies developed.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>