

Unit Title: Planning For Progression
Unit Level: 1
Unit Credit Value: 1
GLH: 9
LASER Unit Code: CAM083
Ofqual Unit Code: T/600/9923

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know how to identify career and training needs.	1.1	Outline ideas for career and training needs.
		1.2	Select one key idea to use for action planning and say why.
2.	Understand the value of target setting to achieve goals.	2.1	Describe what target setting means and how it helps planning and the achievement of goals.
		2.2	Describe the difference between long term, medium term and short term targets.
		2.3	Define a SMART target and say why it is particularly effective in planning.
		2.4	Give examples of a long term goal and two SMART, short term targets to help achieve the goal.
3.	Develop a personal career action plan.	3.1	State a personal long term career goal and an appropriate detailed medium term target.
		3.2	Identify some detailed short term SMART targets.

Assessment Guidance:
NA

Additional Information:
NA