Unit Title: **Setting Your Targets**
Unit Level: **2**
Unit Credit Value: **1**
GLH: **6**
LASER Unit Code: **WJB090**
Ofqual Unit Code: **A/502/3554**

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		**The learner can:**	
1.	Understand how target setting forms part of formal and informal appraisal.	1.1	Describe why target setting is important in appraisals.
		1.2	Describe the types of features that help make good targets in an appraisal system.
2.	Know how to set personal targets that are specific, challenging, realistic and achievable, and evaluate their performance against their targets.	2.1	Set personal development targets that are: a. Specific b. Challenging c. Realistic d. Achievable.
		2.2	Monitor their performance against the targets they have set themselves.
		2.3	Invite and deal positively with feedback on their progress against their targets.
		2.4	Describe how they can evaluate performance against their targets and explain how they know if they have been successful or not.

Assessment Guidance:
NA

Additional Information:
NA