

Unit Title: Improving Own Learning And Performance
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJC341
Ofqual Unit Code: D/506/1052

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand different ways of learning, and relate to own preferences.	1.1	Describe a number of different ways of learning including both activity and study based learning.
		1.2	Identify with reasons why s/he likes or dislikes two ways of learning.
		1.3	Identify and describe areas of learning which s/he enjoys or subjects s/he feels s/he is good at.
2.	Be able to use his/her own strengths, aptitudes and skills to determine realistic learning targets.	2.1	Describe how strengths, aptitudes and skills support achievement of learning targets.
		2.2	Select realistic short term learning targets on the basis of existing strengths, aptitudes and skills.
		2.3	Produce a plan to improve performance in a number of areas.
3.	Be able to make decisions about how to achieve learning targets.	3.1	Produce an action plan to show how the learning target will be achieved.
		3.2	Identify possible obstacles to learning and describe ways of overcoming them.
4.	Be able to review own performance.	4.1	Use feedback from others to aid progress towards learning targets.
		4.2	Describe progress made in implementing the plan to improve performance and revise the plan accordingly.

Assessment Guidance:

NA

Additional Information:

NA