

Unit Title: Improving Own Learning And Performance
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC817
Ofqual Unit Code: Y/506/1051

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand ways of learning which reflect own likes and dislikes.	1.1	Describe different ways of learning, stating whether they like or dislike them.
		1.2	Identify subjects which they enjoy and/or are good at.
		1.3	Give reasons for this selection.
2.	Be able to determine realistic learning targets.	2.1	Identify any areas for improvement in own: a) Strengths b) Aptitudes c) Skills.
		2.2	State why these areas have been selected.
		2.3	Identify a realistic long term learning target.
3.	Be able to make decisions about how to achieve learning targets.	3.1	Produce a list of steps that have to be achieved in order to reach the own long term learning target.
		3.2	Comment on own progress towards the learning target.
4.	Understand own performance.	4.1	Identify support and/or advice that might be needed to achieve own learning target.
		4.2	Identify any improvements needed in performance.
		4.3	Revise own long term targets.

Assessment Guidance:

NA

Additional Information:

NA