

Unit Title: Improving Own Learning And Performance
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJD357
Ofqual Unit Code: M/504/3705

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Show an awareness of different ways of learning which reflects his/her likes and dislikes.	1.1	Describe two different ways of learning and identify whether s/he likes or dislikes them.
		1.2	Identify two subjects which s/he enjoys or is good at and give reasons for his/her selections.
2.	Use his/her own strengths, aptitudes and skills to determine realistic learning target(s).	2.1	Identify areas for improvement and say why these have been selected.
		2.2	Identify a realistic long term learning target.
3.	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 long term learning target.
		3.2	Comment on his/her progress towards the learning target.
4.	Review performance.	4.1	Identify what support or advice s/he might need to achieve his/her learning target.
		4.2	Identify improvements in performance and revise long term targets.

Assessment Guidance:

NA

Additional Information:

NA
