

Unit Title: Improving Own Learning And Performance
Unit Level: Level 3
Unit Credit Value: 3
GLH: 21
LASER Unit Code: WJD553
Ofqual Unit Code: F/504/8276

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about different ways of learning which reflect own likes and dislikes.	1.1	Evaluate a learning style which they like.
		1.2	Evaluate a learning style which they dislike.
		1.3	Explain how they can develop the strategies necessary to cope with a style they dislike.
		1.4	Assess own strategy for improving learning in an area they feel needs improving.
2.	Be able to use own strengths, aptitudes and skills to determine realistic learning targets.	2.1	Evaluate the extent to which the setting of short and long term learning targets is effected by (a) own strengths (b) own aptitudes (c) own skills.
		2.2	Select short term learning targets based on existing (a) strengths (b) aptitudes (c) skills.
		2.3	Select long term learning targets based on existing (a) strengths (b) aptitudes (c) skills.
3.	Be able to make decisions about how to achieve learning targets.	3.1	Produce an action plan to meet the identified learning targets within a given timescale.
		3.2	Work independently towards the identified targets using different activities.
4.	Be able to review performance against own learning targets.	4.1	Evaluate own performance in meeting learning targets.
		4.2	Revise the plan action to improve performance.

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Assessment Guidance:

NA

Additional Information:

NA
