

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Improving Own Learning and Performance
Unit Reference Number:	J/615/8076
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Have an awareness of different ways of learning which reflects their likes and dislikes	1.1 Describe two different ways of learning and identify whether they like or dislike them
	1.2 Identify two subjects which they enjoy or are good at and give reasons for their selections
2. Be able to use 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. 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 short term learning target
	3.2 Comment on their progress towards the learning target
4. Be able to review performance	4.1 Identify what support or advice they might need to achieve their learning target
	4.2 Identify improvements in performance and revise long term targets