

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Improving Own Learning and Performance
QAC Code:	R/504/5267
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. Understand different ways of learning in relation to individual 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. Be able to use own strengths, aptitudes and skills to determine realistic learning targets	2.1 Identify areas for improvement and say why these have been selected.
	2.2 Identify a minimum of 2 realistic long term learning target
3. Be able to make decisions about how to achieve learning targets	3.1 Outline steps required to achieve identified short term learning targets
	3.2 Identify what support or advice might be needed to achieve identified learning targets
	3.3 Comment on own progress towards the learning target
4. Be able to review personal performance	4.1 Identify improvements in performance and revise long term targets