

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Improving Own Learning and Performance
Unit Reference Number:	A/615/9855
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about different ways and areas of learning which reflect own likes and/or dislikes	1.1 Describe different ways of learning
	1.2 Give reasons why they like or dislike different ways of learning
	1.3 Identify areas of learning which they enjoy and/or they feel that they are good at
	1.4 Describe the identified areas of learning
2. Be able to use own strengths, aptitudes and skills to determine learning targets	2.1 Describe how the achievement of learning targets can be supported by <ul style="list-style-type: none"> <li>a) Own strengths</li> <li>b) Own aptitudes</li> <li>c) Own skills</li> </ul>
	2.2 Select short term learning targets based on existing <ul style="list-style-type: none"> <li>a) Strengths</li> <li>b) Aptitudes</li> <li>c) Skills</li> </ul>
3. Be able to plan how to achieve learning targets	3.1 Produce an action plan showing how the learning targets can be achieved
	3.2 Identify possible obstacles to learning

	3.3	Describe ways of overcoming identified obstacles to learning
4. Be able to review own performance against action plan	4.1	Use feedback from others to aid progress towards learning targets
	4.2	Describe the progress made in implementing the action plan
	4.3	Revise the action plan after reviewing progress