

Unit Title: Improving Own Learning and Performance	
Level:	Two
Credit Value:	3
GLH:	24
OCNLR Unit Code:	HB1/2/LQ/045
Ofqual Unit Reference Number:	D/506/1052

This unit has 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand different ways of learning, and relate to own preferences.	1.1. Describe a number of different ways of learning including both activity and study based learning. 1.2. Identify with reasons why s/he likes or dislikes two ways of learning. 1.3. Identify and describe areas of learning which s/he enjoys or subjects s/he feels s/he is good at.
2. Be able to use his/her own strengths, aptitudes and skills to determine realistic learning target(s).	2.1. Describe how strengths, aptitudes and skills support achievement of learning targets. 2.2. Select realistic short term learning targets on the basis of existing strengths, aptitudes and skills. 2.3. Produce a plan to improve performance in a number of areas.
3. Be able to make decisions about how to achieve learning targets.	3.1. Produce an action plan to show how the learning target will be achieved. 3.2. Identify possible obstacles to learning and describe ways of overcoming them.
4. Be able to review own performance.	4.1. Use feedback from others to aid progress towards learning targets. 4.2. Describe progress made in implementing the plan to improve performance and revise the plan accordingly.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study	O	Project	O
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	