

<b>Unit title:</b>	<b>Improving Own Learning and Performance</b>
<b>Level:</b>	<b>3</b>
<b>Credit value:</b>	<b>3</b>
<b>GLH:</b>	<b>21</b>
<b>TQT:</b>	<b>30</b>
<b>Unit code:</b>	<b>HB1/3/NQ/020</b>
<b>Unit reference number:</b>	<b>F/504/8276</b>
<b>Unit aim:</b>	<b>Learners will be able to consider aspects of their own learning and develop skills to improve own learning and performance</b>

This unit has 4 learning outcomes.

<b>Learning Outcomes</b>	<b>Assessment Criteria</b>
<b>The learner will:</b>	<b>The learner can:</b>
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.

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<b>The learner will:</b>	<b>The learner can:</b>
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 <ul style="list-style-type: none"> <li>• own strengths</li> <li>• own aptitudes</li> <li>• own skills.</li> </ul> 2.2. Select short term learning targets based on existing <ul style="list-style-type: none"> <li>• strengths</li> <li>• aptitudes</li> <li>• skills.</li> </ul> 2.3. Select long term learning targets based on existing <ul style="list-style-type: none"> <li>• strengths</li> <li>• aptitudes</li> <li>• skills.</li> </ul>
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.

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<b>The learner will:</b>	<b>The learner can:</b>
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 information

All Assessment Criteria must be evidenced. For guidance on assessment, including principles of assessment and methods which may be used, Centres should consult the Open College Network West Midlands publication *Assessment Methods* and the 'Assessment' section of the *Open College Network West Midlands Centre Handbook*, both are available on our website [www.opencollnet.org.uk](http://www.opencollnet.org.uk)

Sector Subject Area (SSA)	14.1
Date from which unit will be available for learners	01/04/2014
Unit review date	30/11/2022
Assessment guidance	N/A