



ASDAN

# Level 1 Improving Own Learning

## Plan > **DO** > Review

As you followed your action plan how did you learn? (tick boxes)

I learnt by:

- using pictures/diagrams
- reading/talking/writing
- listening
- watching
- doing

Did you have to make any changes changes to how you learnt?

Yes, a lot                       Yes, a little bit                       No

If yes, then what changes did you make and how did it help to improve your learning? (e.g. I got my brother to test me and it helped me to remember the map symbols)

What support and help did you get to meet your targets?

*"I confirm that the candidate has:*

- *completed action points on time and made any changes needed*
- *used support given by others to help meet targets."*

**Witness/assessor** (signature):

(e.g. tutor, supervisor, course leader) .....

**Date:** .....

**Candidate Name:**

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