



ASDAN

# Level 1 Improving Own Learning

## Plan > Do > REVIEW

Talk to your tutor/supervisor and write down here:

**i) what you think you have learned**

(e.g. I have learnt a lot about planning carefully by studying the map before you set off)

**ii) Look back at your "Do" sheet. Of the ways you said, which way do you think you learned best?**

(e.g. listening and talking to others, going on practice walks using a map)

**What do you think went well?** Give an example:      **What do you think did not go so well?** Give an example:

**What have you achieved (including targets you have met)?** (e.g. I really know my local area well, I think I'm quite good at map reading now)

**What does your tutor/supervisor say you need to do to make your performance better?**

(e.g. Do more practice walks)

*"I confirm that the candidate has:*

- *identified what and how they have learned, the targets they have met and their achievements*
- *checked what they need to do to improve their performance."*

**Witness/assessor** (signature):

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

.....

**Date:**

.....

**Candidate Name:**

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