



2. What can I learn on the course?

Your tutor will provide you with details of the main learning outcomes for the course. After discussing these with your tutor, tick and date where you’re starting from for each one.

Learning outcomes	I have not achieved this yet	I have partially achieved this	I have fully achieved this
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

3. What else do I want to achieve on the course?

List here anything else you hope to achieve from the course (for example, speak in front of others, work towards a qualification, reduce stress).

Personal goals	I have not achieved this yet	I have partially achieved this	I have fully achieved this

4. How much have I learned so far?

At regular intervals during your course, using information from your learner progress record, you and your tutor will discuss how well you are doing. Mark your success by ticking and dating your progress towards each of the learning outcomes in Section 2.

5. Learner progress record

At the end of each session take a few minutes to reflect on what you think you have learned that will help you to achieve one or more of your learning outcomes or personal goals. Check with your tutor if you are not sure.

For each session please think about the following and complete the learner comments section below:

- What did I learn during this session?
- Which of my learning outcomes have I progressed with?
- What do I still need to improve?

Session: <div></div>	Learner comments:
Date: <div></div>	Tutor comments/progress review:
	Tutor’s initials:

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