![OpenLearn | Free learning from The Open University]   ![The Open University]

Statement of participation

Olena Kulish

has completed the free course including any mandatory tests for:

Key skill assessment: improving your own learning and performance

This 50-hour free course provided guidance on how to learn, showing how existing skills can be assessed, improved and adapted to serve new situations.

Issue date: 24 April 2023

www.open.edu/openlearn

Please go to the course on OpenLearn for full details:
https://www.open.edu/openlearn/education-development/key-skill-assessment-improving-your-own-learning-and-performance/content-section-0

COURSE CODE: **U071_1**

Key skill assessment: improving your own learning and performance

Course summary

Learning new skills is what makes us human but can we improve how we go about learning new things in new situations? Learning how to learn can help you to understand what works for you and what doesn't when you set out to learn new skills, either for work, your education, training or everyday life. In this free course, Key skill assessment: improving your own learning and performance, you will learn to recognise, use and adapt your skills confidently and effectively in different situations and contexts.

Learning outcomes

By completing this course, the learner should be able to:

- demonstrate a strategy for using skills in improving learning and performance over an extended period of time
- monitor progress and adopt a strategy, as necessary, to achieve the quality of outcomes required
- evaluate this overall strategy and present the outcomes of the work.

Completed study

The learner has completed the following:

Section 1

Understanding how you learn

Section 2

Sources of help

Section 3

Key skills assessment courses

Section 4

Structure of the assessment courses

Section 5

Improving own learning and performance

Section 6

What you should present

Section 7

Part A: Evidencing skills to develop a strategy, monitor progress and evaluate performance

Section 8

Part B: Evidencing your learning

Section 9

Notes to help you complete your assessment

Section 10

Conclusion

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