2004

Example portfolio

Level

Improving own learning and performance









First published in 2004

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Contents

Foreword	ii
Overview	V
Commentary	vi
Portfolio	1
Assessment checklist	1
Location of evidence	1
Candidate's evidence: activity 1	2–6
Candidate's evidence: activity 2	7–12

Foreword

Key skills are for everyone, from learners in the workplace, colleges and schools to chief executives in large companies. They are the skills most commonly needed for success in education, training, work and life in general.

The six key skills are:

- application of number
- communication
- improving own learning and performance
- information and communication technology
- problem solving
- working with others.

In developing key skills, people improve the quality of their learning as well as their performance in the world of work.

When QCA completed its review of the key skills qualifications and units, it was clear that there was a need for examples of key skills portfolios. We produced example portfolios in application of number, communication and information technology earlier in 2004. We have now produced example portfolios for improving own learning and performance, problem solving and working with others at levels 1 to 3.

The example portfolios provide practical guidance on organising and referencing portfolio evidence, and on the kind and amount of evidence required. They are intended, along with the 2004 key skills standards and guidance, to help assessors interpret the key skills. They are based on the 2004 key skills standards and guidance and show real work from real candidates. Their production is supported by the key skills awarding bodies.

Ken Boston AO

Chief Executive, QCA

Overview

The key skills awarding bodies and the regulatory authorities (QCA, ACCAC and CCEA) have produced this example portfolio as a result of a collaborative project. The purpose of the project was to produce a set of portfolios that would give practitioners a clear understanding of the requirements for key skills portfolios.

Portfolios for each of the key skills of application of number, communication and information technology were published earlier in 2004. There are now portfolios for each of the other key skills:

- improving own learning and performance, levels 1 to 3
- problem solving, levels 1 to 3
- working with others, levels 1 to 3.

The project group selected a range of learning and vocational contexts to show the application of skills across these nine portfolios. While a specific context may not be directly relevant to all sectors, the principles of approach, recording and assessment apply, and should prove useful to all.

Key skills chief moderators and external verifiers for the awarding bodies have met and scrutinised the portfolios. They agree that the portfolios meet the specifications for the key skills qualifications. QCA chaired and facilitated the meetings.

These portfolios went through an internal assessment by a centre and then an external verification/moderation process by the centre's awarding body. Each of them met the standard and received a pass. They should be viewed as such, not as perfect examples of work.

You will see that improvements could be made to the portfolios. For example, evidence could be more effectively or logically presented. However, room for improvement is to be expected: candidates develop skills over time, reflecting and progressing as they do so. Key skills are free-standing qualifications open to everyone at any age. This means that portfolios of evidence are created in a range of academic, occupational and vocational contexts.

Also included in the portfolios are:

- record sheets that make the feedback and assessment decisions clear
- commentaries that outline some of the issues and describe the context in which the candidates gathered the evidence.

Some of these portfolios have been created from more than one portfolio. Some have been reworked to avoid 'benefit of the doubt' situations. The record sheets have been rewritten to make decisions clearer to the reader. During the copying process, some loss of clarity may have occurred, especially in images that were originally in colour.

These example portfolios should be read with reference to the 2004 key skills standards and guidance, which provides advice and guidance on the assessment of key skills. It should also be noted that, while a portfolio may meet the standard for a specific key skill, it might not reflect the equivalent standard in another key skill.

QCA and the key skills chief moderators and external verifiers would like to acknowledge the valuable contribution of centres and students in the production of these materials.

Commentary

The evidence has been generated from the activities the candidate undertook as part of his college introductory award, a programme devised to help students identify a vocational career path.

The portfolio is well organised and the evidence referenced so that it is easy to locate. Assessment includes feedback to the candidate, and there is a clear outline of both activities so that fitness for purpose can be readily determined. Assessment has been completed for the individual candidate.

Pro formas have been used in order to guide the candidate to provide all of the information needed to address each assessment criterion. Photographs have been included, to which the candidate has added captions. The evidence of the activities concludes with a witness statement from a tutor, which provides sufficient information to confirm the statements the candidate has made, although the precise wording of assessment criteria may not have been used.

Each activity includes more than one type of learning.

LP 1.1

For both activities, the candidate has stated the aim, and identified at least two targets under each aim. These include study-based and practical activity, which satisfy the requirements for two different ways of learning under the 2004 standards.

Action points, resources needed and a deadline date have all been identified.

LP 1.2

The candidate has named sources of support, which were used, and confirmed whether the deadline was met and if any changes were needed to the plan.

LP 1.3

There are clear and simple statements from the candidate about what he learned, what went well and not so well, and how performance might be improved in the future.

Overall, the candidate has demonstrated a level of ownership and awareness, which is an example of good practice.

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 ASSESSMENT CHECKLIST

You must: LP1.2 LP1.3 LP1.1 Follow your plan, to help meet targets and improve your Confirm your targets and plan Review your progress and how to meet these with the achievements in meeting targets, person setting them. performance. with an appropriate person. Your evidence must show you can: Make sure targets clearly show Work through your action points Say what you learnt and how you learnt, including what has gone well and what has gone less well; what you want to achieve; and to complete these on time; and identify clear action points and use ways of learning suggested deadlines for each target; and by your supervisor, making identify targets you have met and changes, when needed, to improve your performance; and your achievements; and identify how to get the support you need and the arrangements for reviewing your progress. use support given by others to check what you need to do to

LOCATION OF EVIDENCE

improve your performance.

help you meet targets.

Page	List items of evidence and where they are located in the portfolio	l	₋P1.	1	L	.P1.	2	ı	₋P1.	3
	Activity 1	1	2	3	1	2	3	1	2	3
2	Assessment sheet	х	х	х	х	х	х	х	х	х
3	Plan	х	х	х						
4	Log/review				х	х	х	х	х	х
5	Photographs				х	х	х			
6	Witness statement				х	х	х			
	Activity 2									
7	Assessment brief									
8	Task brief									
9	Assessment checklist	х	х	х	х	х	х	х	х	х
10	Plan	х	х	х						
11	Log/review				х	х	х	х	х	х
12	Witness statement				х	х	х			

Assessor Declaration: I confirm that the details above are correct and that the evidence submitted is the candidate's own work and the candidate meets all the requirements for certification of this key skill.

Assessor Name: Candidate Name: Candidate Signature: Date: Dotte: Dotte:

You must:

- LP1.1 Confirm your targets and plan how to meet these with the person setting them
- **LP1.2** Follow your plan, to help meet targets and improve your performance.
- LP1.3 Review your progress and achievements in meeting targets, with an appropriate person.

Your evidence must show you can:

- **1.1.1** Make sure targets clearly show what you want to achieve; and
- 1.1.2 identify clear action points and deadlines for each target; and
- 1.1.3 identify how to get the support you need and the arrangements for reviewing your progress;
- **1.2.1** work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance; and
- 1.2.3 use support given by others to help you meet targets; and
- 1.3.1 say what you learnt and how you learnt, including what has gone well and what has gone less well; and
- 1.3.2 identify targets you have met and your achievements; and
- **1.3.3** check what you need to do to improve your performance.

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 ASSESSMENT SHEET

Activity 1 – Learning basic techniques in a new activity

You will begin work for your first activity at college, where you will be learning basic techniques in a new sport, such as skiing, climbing or archery. If you are unable to participate in a sports activity, you will start to develop a new skill, such as using a digital or video camera, to help record the day's activities.

At the Ski Centre you will have the opportunity to learn about the practicalities of your new skill, practise it and develop your performance skills. Your work at the Ski Centre may be captured on video.

Complete your log for Improving Own Learning and Performance at Level 1.

Activity 1: Learning basic skiing techniques

	LP	l 1	
Assessor's Comments	1.1	1.2	1.3
his indicated suns intentified targets in his log book the has listed his action points and dead lines and the log is in table by the staff able to antime that deadlines were not. The enem he could get support from the trainer at the staff centre and listened carefully to her instructions. He arranged to review his progress with one on his teturn to college	*		
A conditional envised through his action points by using the equipment suferly learning Hefail sufely and remove sequencing he had and american a Rember of Differs ful descents. Throughout he listened to the advice and support of the trainer concentrating on the information and oxyging out instructions to below a meet his target perfectly a variety of methods such as matching, listening and pertraing to memore the import his propriete themselves the engineers of the trainer, such as descenting to a series of the his perfect that is not a series of the second of the sec		×	
In moviewing his progress his andidate elempted some of the mays in intrica he has therefore the sins very pleased has he has suicessful in his decents and has gained more confidence but fet that it norted be believed, he had improped more abtempts he confirmed the torogets and activevenients he had met. He thinks that although he feels able to manage basic string he still needs to impare his technique he feels that garning more experience at stally his holp improve his performance.			×

Assessor Name: A A ASSESSOR Signature: A ASSESSOR Date: 10/02/03

Candidate Name: A Cordudok Signature: A Cordudok Date: 19/02/03

You must:

LP1.1 Confirm your targets and plan how to meet these with the person setting them.

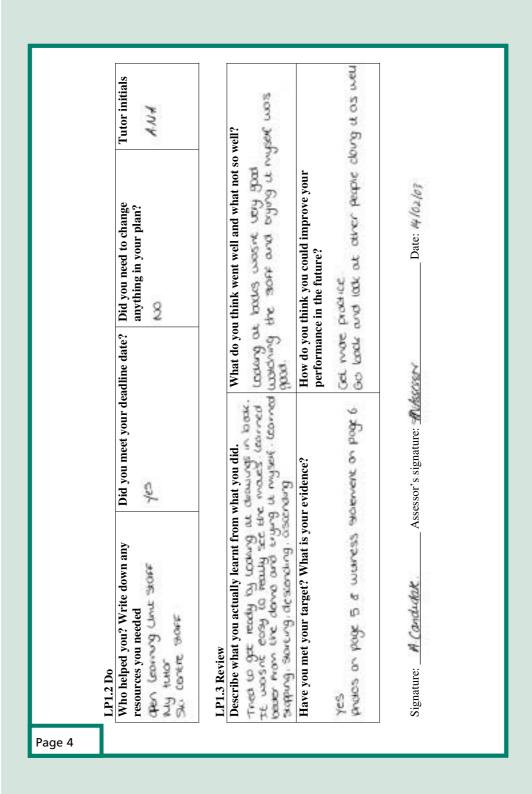
- 1.1.1 Make sure targets clearly show what you want to achieve; and
- 1.1.2 identify clear action points and deadlines for each target; and
- 1.1.3 identify how to get the support you need and the arrangements for reviewing your progress.

Name: A. Condudole Activ	Activity: Sking			
What is your aim?	What	are your target	What are your targets and when must you meet them?	neet them?
County book sking tournaves	- +to	broced on w	- How to take equipment safety - How to fow solety, now to sidne, how to stop - How to descend now to enough (purity in the 20.05)	on to stop on by 14 oz.o
What different ways of learning do you think you will use to help you improve your performance? (Please tick the boxes)	on will use to help you	improve your p	erformance? (Please ti	ck the boxes)
attend classes	☐ watc	watch someone to learn from them	urn from them	
discuss your target with your class	□ watc	watch a video		
A read information from books, magazines or newspapers		☐ rehearse in front of friends	riends	
A use information from an electronic source	☑ prac	P practise an activity		
ask someone for help interview someone	□ nse	another way of k	☐ use another way of learning (please explain below)	oelow)
		Doodling doto	A fton disonssion	Truton initials
What will you need to do to meet your target? Write your Action Points here:	Who can help you? Write down any resources you need memet, though the	Deadline date t+{o2/o3	After discussion, do you need to change anything in your plan?	Tutor initials 4.№ 4.

You must:

- **LP1.2** Follow your plan, to help meet targets and improve your performance.
- LP1.3 Review your progress and achievements in meeting targets, with an appropriate person.

- **1.2.1** Work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance; and
- 1.2.3 use support given by others to help you meet targets; and
- 1.3.1 say what you learnt and how you learnt, including what has gone well and what has gone less well; and
- 1.3.2 identify targets you have met and your achievements; and
- **1.3.3** check what you need to do to improve your performance.



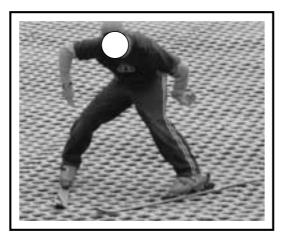
You must:

LP1.2 Follow your plan, to help meet targets and improve your performance.

Your evidence must show you can:

- **1.2.1** Work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance; and
- **1.2.3** use support given by others to help you meet targets.

Activity 1



This picture shows me making a descent. I did a few of these. I would have liked more tries.



In this picture, I am learning by watching the Instructor demonstrate ski positions. I am the one on the left.

You must:

LP1.2 Follow your plan, to help meet targets and improve your performance.

Your evidence must show you can:

- **1.2.1** Work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance;
- **1.2.3** use support given by others to help you meet targets.

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 WITNESS STATEMENT

This form should be used to confirm that evidence has been generated. Most commonly, this will be naturally occurring evidence (e.g. serving a customer, searching a database).

Date/period of activity 1: 10-14 February 05

in a V-shape. They were encourage each other.' downhill runs. They ex	ays. They were instructed in re encouraged to seek help were given a limited time tenerated a variety of ways enstruction, watching a demonstruction, watching a demonstruction.	then necessary an me in which to pr of learning through	d to help actise and gh a pract	and d master tical
Assessment Criteria I	D1 2		Yes	chieved
Witness comments	apprehensive A Candida instructor's matrickens the ression he was co		this has	k with
Witness name	Signature	Date	2-03	
Witness designation/a	(Ruthe			

Page 6

Name: A. Wilmess

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 ASSESSMENT BRIEF

Activity 2 – Orange Market

Industry Week: Presentation Skills

During Industry Week you will learn how to develop your presentation skills through a series of talks, leading to your contribution to a group presentation in which you will be marketing a product. If you would like to, you may use this as an opportunity for Improving Own Learning and Performance Level 1. You must agree targets with your tutor and work out an action plan you can use to help meet your targets (LP1.1). You need to keep a record of what you need to do, the ways you can learn and any help you get (LP1.2). You also need to agree a time when you can discuss with your tutor your progress, success in meeting your targets and how you could improve your performance in the future (LP1.3).

Use your log to record what you do (your tutor can complete the log by writing down what you say).

You will have the opportunity to generate the following key skills evidence: a record from your assessor, confirming you have succeeded in this unit; a log, showing your targets, your action points, your methods of learning and your review points; witness statements from people who have seen you practising.

Activity 2



Task Brief THE ORANGE MARKET

Your Task:

- Your team, along with other teams, will be given an ordinary orange. Each orange is similar and there are no obvious differences. All the oranges were bought from the same shop this morning.
- You must persuade the Judge to choose your orange rather than any other team's orange. How you appeal to the Judge is up to your ingenuity.
- You will be given three minutes to persuade the Judge.

Rules:

- You may use any of the resources supplied. You may make use of any other material or equipment that you have or can borrow.
- You will have 45 minutes to prepare your presentation.
- Every member of the team must contribute to the presentation and must be seen to do so.
- During the presentation your team will be observed in action.

The Judge will be judging your presentation on these criteria:

- Imagination of approach
- · Quality of presentation
- Team improvement
- Length of presentation (You will be penalised if your presentation is under two minutes thirty seconds or over three minutes thirty seconds)
- Overall impression

You must:

- LP1.1 Confirm your targets and plan how to meet these with the person setting them.
- **LP1.2** Follow your plan, to help meet targets and improve your performance.
- LP1.3 Review your progress and achievements in meeting targets, with an appropriate person.

Your evidence must show you can:

- 1.1.1 Make sure targets clearly show what you want to achieve; and
- 1.1.2 identify clear action points and deadlines for each target; and
- 1.1.3 identify how to get the support you need and the arrangements for reviewing your progress;
- **1.2.1** work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance; and
- 1.2.3 use support given by others to help you meet targets; and
- 1.3.1 say what you learnt and how you learnt, including what has gone well and what has gone less well; and
- **1.3.2** identify targets you have met and your achievements; and
- 1.3.3 check what you need to do to improve your performance.

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 ASSESSMENT CHECKLIST

Activity 2: Improving Own Learning and Performance through Communication and Orange Market (Industry Week)

Assessor Comments to a have clearly stated what you halfed to achieve in your log sheet and	LI	Leve	J 1
confirmed this with both the trainers with whom you nethed, son have explained you action points and the deadlines you need to used, giving the time actioned for preparation and delictry of the suree takes required during the Communication with thus, in your log, you identify not only the trainers who could help you but also the jury for the could help you but	1.1		1.3
learn. You descuped a review of your work to take place will, me teday. Your trainers agratures in your log and the notness statements they have paraded them for moreed studying your action points and met you dead into the feetback fitting the takes in the Communication weetsing shows you regarded well to the trainer's paints and that your presentation stills page and during the moning you can contribution to be Prange Hakes was at the training the groups success. You listened to the training allow and led the set play in the presentation. Your presentation stills are very good and you wonced presentation that you had confused and you wonced a presentation, but also made effective use of eye contact and early language to been the additional of your addition to succeed are outstanding		*	
You said, after being very suy and latering confidence in presenting yourself to other people, you have learned you can present yourself officially registate a george procuration withother people and apply what you have seemed (in the ter that exercise later in the neck, when you felt reny confident about your presentation and neptitution stills). White surgest the Counge Market winds have writed better with each other, but you more pleased with your own pairs. You respond from listening to the haires and carrying out the range of activities. You explained that you had metite largets you described in your activities. You explained that you had metite largets you described in your activities and had no will make the opportunity to give longer process that to improve your strill, you will have the opportunity to give longer process that to improve your strill, you will have the opportunity to give longer process that the improve them.			×

Assessor Name: An Assessor Signature: And Sugar Date: 24/02/03.

Candidate Name: A Condidate Signature: A Condidate Date: 24 02 03

You must:

LP1.1 Confirm your targets and plan how to meet these with the person setting them.

- 1.1.1 Make sure targets clearly show what you want to achieve; and
- 1.1.2 identify clear action points and deadlines for each target; and
- 1.1.3 identify how to get the support you need and the arrangements for reviewing your progress.

Name: A. Candidate	Activity: Orange Market (Industry Week)	Industry Week)		
LP1.1 Plan				
What is your aim?	Wh	at are your target	What are your targets and when must you meet them?	neet them?
To make a manieting pesendean	₹° 7	-To blockise - To Use (teophopon Sruko	- To buddy peperphen Skuko Skuko ar- - To bodyse - To Josephone Skuko Skuko	30
What different ways of learning do you think you will use to help you improve your performance? (Please tick the boxes)	nk you will use to help yo	ou improve your p	erformance? (Please ti	ck the boxes)
attend classes	M D	watch someone to learn from them	arn from them	
discuss your target with your class	w	watch a video		
read information from books, magazines or newspapers		rehearse in front of friends	riends	
use information from an electronic source		practise an activity		
ask someone for help interview someone		se another way of l	use another way of learning (please explain below)	below)
ask someone to explain something				
ill you Write	Who can help you? Write down any	Deadline date	After discussion, do you need to	Tutor initials
Liber to Esparer word Lides prepare poorte toilus suc toilus Get Feedlookk Prepare nootueing toilk	resources you need	21/08/03	change anything in in your plan?	4114

You must:

- **LP1.2** Follow your plan, to help meet targets and improve your performance.
- LP1.3 Review your progress and achievements in meeting targets, with an appropriate person.

- **1.2.1** Work through your action points to complete these on time; and
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- **1.3.2** identify targets you have met and your achievements; and
- **1.3.3** check what you need to do to improve your performance.

id. Ersery week	anything in your plan?
id. Sary week	
you met your target? What is your evidence?	you did. What do you think went well and what not so well?
	trieng and the work well organised a would have as group washing and those is proching to would have as young washing a would have an against a
	Lock more at other propie deling it well as a graup retreation. The bester builde points on the oritis
Signature: A Control - Assessor's signature: And Survey.	

You must:

LP1.2 Follow your plan, to help meet targets and improve your performance.

Your evidence must show you can:

- **1.2.1** Work through your action points to complete these on time; and
- 1.2.2 use ways of learning suggested by your supervisor, making changes, when needed, to improve your performance; and
- **1.2.3** use support given by others to help you meet targets.

IMPROVING OWN LEARNING AND PERFORMANCE LEVEL 1 WITNESS STATEMENT

This form should be used to confirm that evidence has been generated. Most commonly, this will be naturally occurring evidence (e.g. serving a customer, searching a database).

Date/period of activity 2: 17 - 21 feb 03

Name: A. WIEREES

1) Holidays 2) My future 15 minutes and 10 minut	ed to prepare and then carry of a 3) Someone I admire. The cases respectively to prepare for 3) I minute and 10 seconds.	andidate was al	llowed 20) minutes,
			Ac	chieved
LP1.2			Yes	No
Assessment Criteria Did the candidate:				
214 1110 1111414141111	ction points to complete these	e on time?	V	
<i>C</i> ,	f learning suggested by your s		1	
 Use support given by 	others to help you meet targe	ets?	/	
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A Candidate worked p and he was clear a plus presentation time group members and practical application	progressively through the bout the time denoluties as. He asked for support whis cussed ideas to import for the war a suggested by his super	vove his stra lible to expe	and pre and 10 tutors legy a riment	persol munites and nd with
group members and practical application	. Consequently be was a	ble to expr	and pre and 10 tutors segy a riment	nd With
A Candidate worked p and he was clear a plus presentation time group members and practical application difference approaches Witness name A. Witness	Signature A Works	ble to expr	riment	nd With
A Candidate worked p and he was clear a plus presentation time group members and practical application difference approaches Witness name	Signature A Works	ble to expr	riment	nd With

Curricul	um and Standards
Audience	Key skills candidates, practitioners, assessors and moderators, external verifiers and others involved in the delivery of key skills
Circulation lists	Key skills awarding bodies and the Key Skills Support Programme
Туре	Exemplification
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Contact	The Key Skills Team (020 7509 5611; keyskills@qca.org.uk)

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