**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 above.

**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?

**Week:**

**Learner comments:**

**Tutor feedback:**

**Week:**

**Learner comments:**

**Tutor feedback:**

**Week:**

**Learner comments:**

**Tutor feedback:**

**Week:**

**Learner comments:**

**Tutor feedback:**

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