

Instructions for Completing this ILP
 At the **START**, please complete **Yellow** sections.
DURING the course complete the **Blue**, and at the **END**,
 complete the **Green** Sections. **This form is yours to keep.**

Individual Learning Plan/RARPA

Recognising & Recording Progress & Achievement

Learner Name		Course Title		Course ID	
Tutor Name		Course Date	Time	Venue	

1	Course Aims	
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2	Initial Assessment	<p>What current knowledge, skills or experience do you have relevant/appropriate to this course.</p> <p>What motivated you to attend and what do you think will be your main challenge(s):</p>
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2	Rating	Please rate your OVERALL current knowledge & skills in this course: LOW: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ HIGH
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3	Learning Outcomes	At the Start, During and End of the course you will be able to:	How much do you know/agree with this LO	During the course how challenging is this LO	At the End, I feel I have fully achieved this LO	4	Tutor Feedback (LO Amendments & Learner Support)
	Learning Outcomes (LO): Please indicate your progress at the: Start (yellow) During (blue) and at the End (green) in each of the columns with a tick, dash or cross ☑ ☐ ☒	1					
		2					
		3					
		4					
		5					
		6					
		7					
		8					

3 Do you have any suggestions or ways to improve any of the above Learning Outcomes (LO) to meet your needs?

4 **Support:** Are there any challenges you face which we can provide additional support for you to achieve the LOs:

5 **Achievement:** Do you think you have achieved all/most of the LO after attending the course? Yes No

Now that you have completed the course, please rate your OVERALL knowledge & skills in this area:

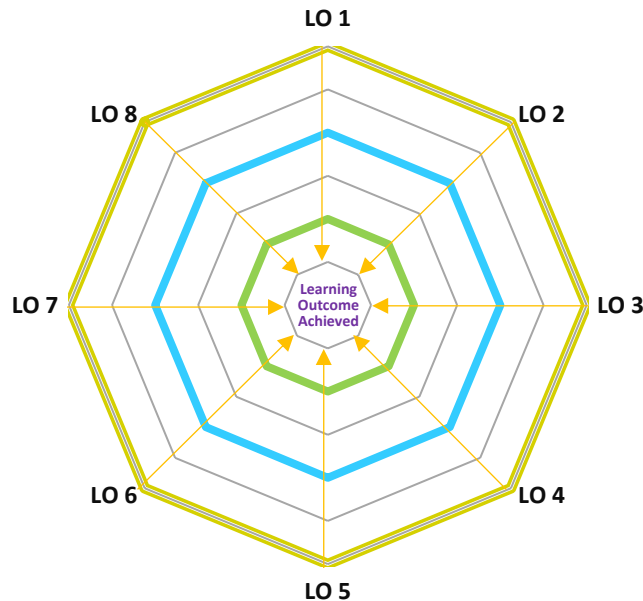
6 **Progression/Destination:** What do you intend to do after you have completed this course:

Tutor Comments: Overall assessment, learner support and achievement and suggestions for progression:

LOW: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ HIGH

Education: FE HE Employment: <16 hrs >16hrs Self Emp Retired
 Trainee Apprenticeship Unemployed: Looking Not Looking /for Work
 Other: _____

Track your journey at the Start, During and at the End of the course to achieving the Learning Outcomes (LOs)



Further Learning Opportunities and Progression Routes

Udemy

An online learning with a wide variety of courses starting @ £10.99.
www.udemy.com/

Alison Online

Free online courses from experts in their field on a variety of subjects
alison.com/

Open Learn

Free learning from the Open University including education; business; etc.
www.open.edu/openlearn/

Resuscitation Council (UK)

Guidelines and Guidance of First Aid Procedures applicable to the UK
<https://www.resus.org.uk/about-us/>

Health and Safety Executive

Advice, Resources and Legislative Guidance for Health and Safety
<https://www.hse.gov.uk>

British Red Cross

Advice and Videos of First Aid Procedures
www.redcross.org.uk/first-aid/