



Lift Off

Awareness student book



 Learner name:

 School:

Sample

With thanks to the schools involved in piloting this programme:

- Northlands Primary School, Rugby
- Riverside Academy, Rugby
- Boughton Leigh Junior School, Rugby
- The Avon Valley School and Performing Arts College, Rugby

Developed in partnership with:



www.phf.org.uk



theprogressiontrust.org


My profile

 I like...

 Picture or photo of me

 I don't like...

 I can do these things on my own...

 I need help to...
Please help me by...

 I have already achieved...

 In the future I would like to...

Awareness

Record page



Characteristic	Starter ✓	Challenge 1	Challenge 2	Challenge 3
Strengths	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Possibilities	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Challenges	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Routes	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Information	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:
Support	<input type="radio"/>	Date: Verified by:	Date: Verified by:	Date: Verified by:

I confirm there is evidence to show that these challenges have been completed

Learner signature:	Date:
Tutor signature:	Date:

Awareness

My characteristics

Strengths

What went well:

What I could improve next time:

Sample

Awareness

Self-assessment review

Awareness is about knowing what you need to know to help you achieve the things that are important to you.

✓ Tick to show how confident you are in the following aspects of awareness...

Characteristic	Very confident	Confident	Unsure	Not very confident
Strengths I know my strengths and can make the most of them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Possibilities I actively investigate new possibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Challenges I understand the challenges I face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Routes I understand my options and the routes to my goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information I know where to find the information I need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support I know what help I need and where to find it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Learner signature:

Date:

Tutor signature:

Date:

Awareness

My definitions



Awareness

Strengths

Possibilities

Challenges

Routes

Information

Support

Progression

Sample

Awareness

My achievements

★ Characteristics that I am strongest in...

⚠ Characteristics that I need to work on more...

🏆 Things I have achieved...

🧩 Challenges I have overcome...

🔑 Things that I would like to try in the future...

Sample



LOSWB3/1

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