




Exploring Aspirations

Learner record



Name:

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About this course

Exploring Aspirations

You are starting a course called Exploring Aspirations.

This course will help you to prepare for growing up and becoming an adult. You will complete activities to develop your skills and knowledge in four pathways:



Friends, relationships and community



Good health



Independent living



Employment

The pathways can be completed in any order.

Portfolio of evidence

As you complete the activities you will collect evidence of your work.

This learner record includes worksheets that will help you to show evidence of your activities. You can also include photographs, witness statements, worksheets and copies of work you produce.

Your teacher/tutor will provide you with a binder where you can keep your evidence and this learner record. This will become your portfolio of evidence.

Section 1
Places I visit

Show places

Travel and transport
Journey log

I am travelling to:

The type of transport I will use is:

This is a...
familiar destination
unfamiliar destination

My timetable

My ticket

Teacher/tutor comments:

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Friends, relationships and community

This pathway is about engaging with your community. You will find out more about your local community and take part in community activities.

This pathway will help you to think about what it means to you to be part of a community and the different relationships you have in the community. This is so that you can play your part in the community and feel a sense of belonging.

The activities in this pathway will help you to:

- show places that you visit in the local community
- show places in the local community where you can get help and support
- show the community activities you take part in
- show what you do to look after your local environment
- show people in the community who may need help and take part in an activity to help others
- show regular journeys you make in the community and the rules you follow when making these journeys
- show the relationships and friendships you have and say why they are important to you



Section 1

My healthy activities

Show the physical activities you do to keep yourself active.



Walking



Swimming



Running



Cycling



Gymnastics



Playing team sports

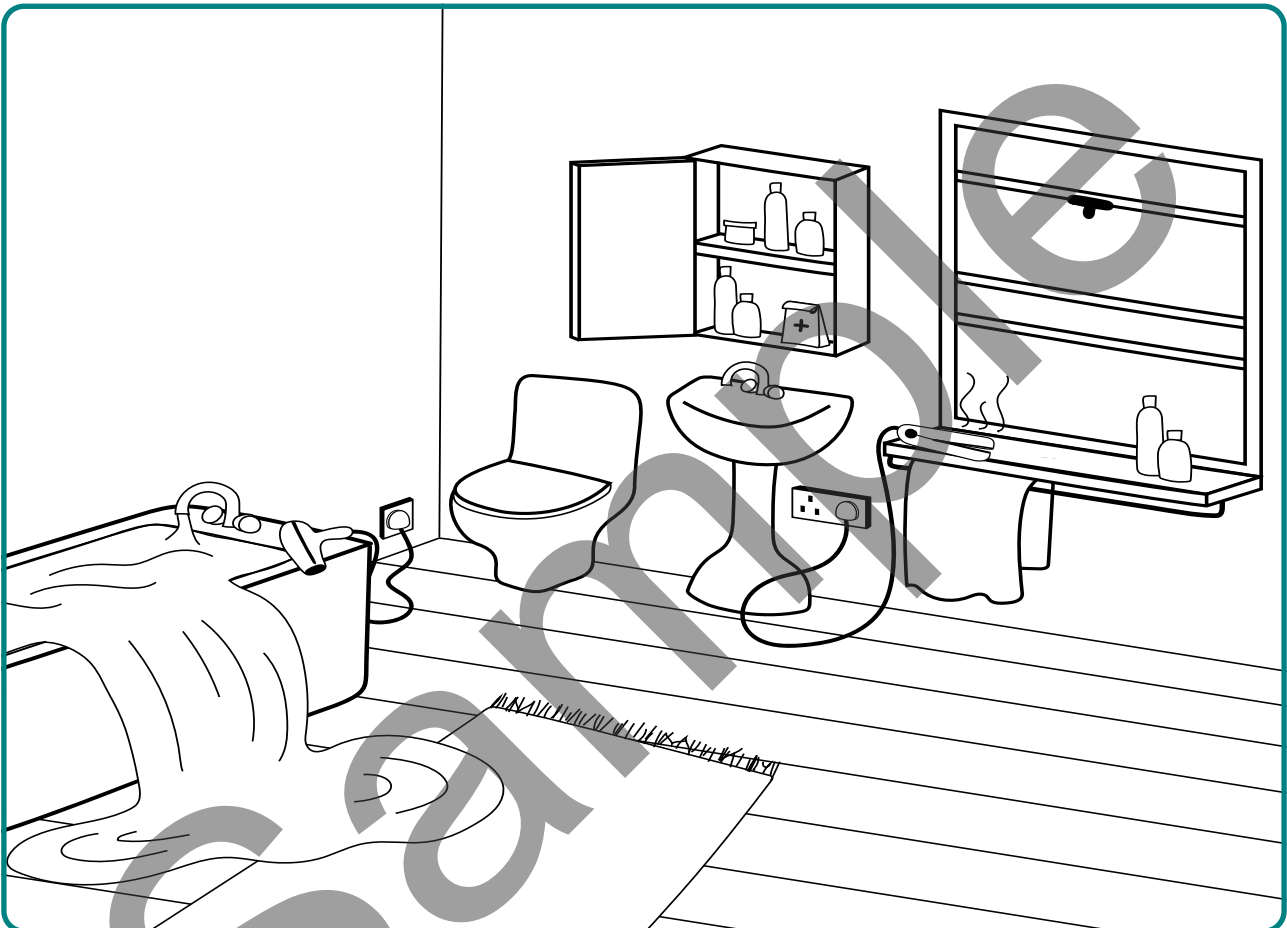
Other



Dangers

Dangers in the bathroom

Show the dangers that could lead to accidents in this bathroom.



Suggest things you could do to make this bathroom safe:



Pathway reflection

Use this page to show what you have learnt about the different types of workplaces and jobs people do in your community.

You could use words, pictures, photographs or symbols to show:

- workplaces you have visited
- people you have met
- activities you have enjoyed
- new experiences you have had
- the type of work you would like to try
- things you are good at
- how you can find out about different jobs

Sample