

# Lift Off

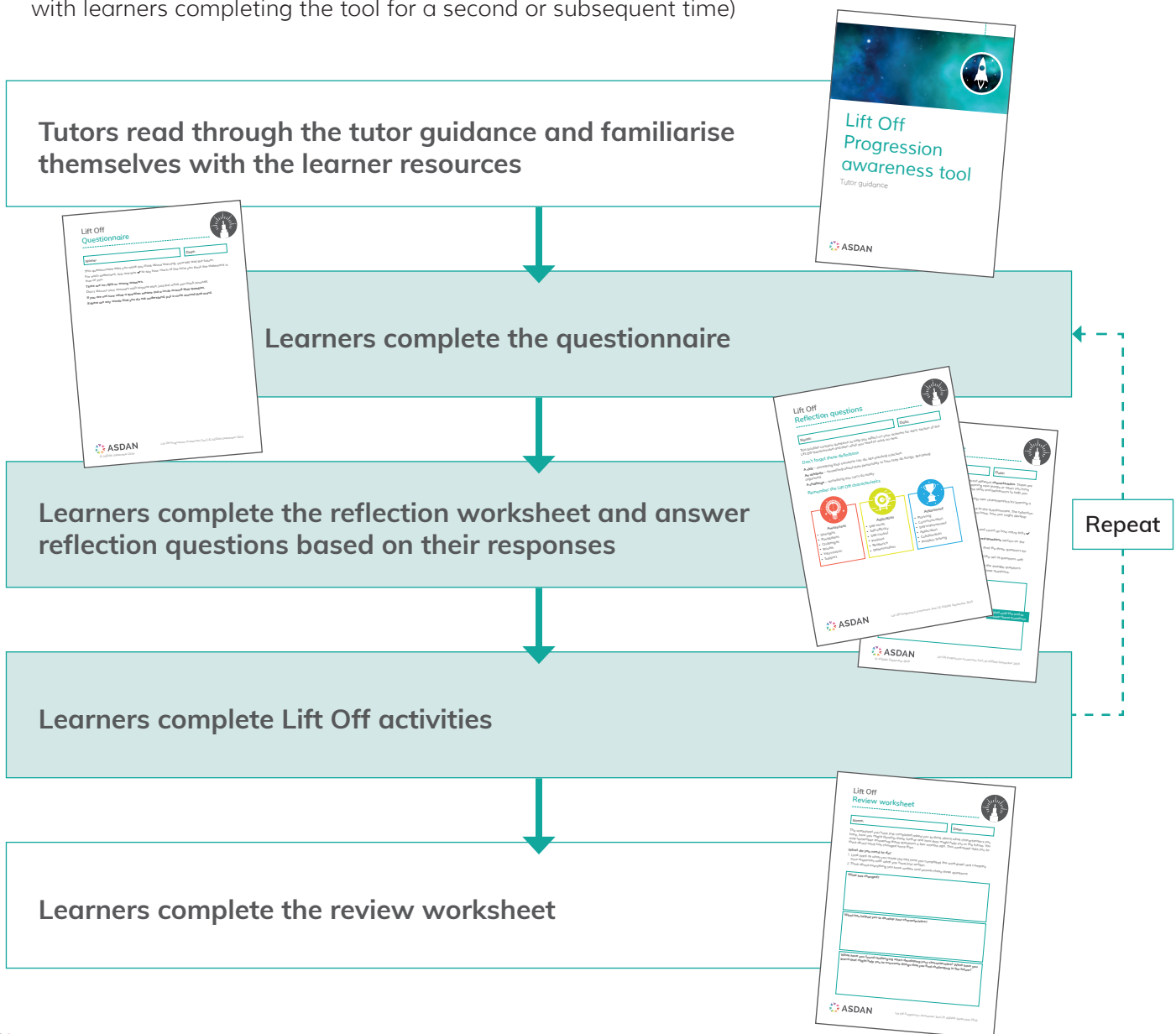
## Progression awareness tool

The Progression Awareness Tool has been developed to support the delivery of Lift Off by:

- identifying specific cohort or individual needs
- supporting learners to reflect on their own characteristics, and the development of their skills and knowledge over time
- providing evidence of the impact of Lift Off in helping learners to develop characteristics that support their educational progression

### Progression awareness tool materials

- **Tutor guidance** – one copy, for tutor reference
- **Questionnaire** – 30 copies, one per learner
- **Reflection questions** – 30 copies, these are reusable
- **Reflection worksheet** – 30 copies, one per learner
- **Review worksheet** – 30 copies, one per learner (please note that this worksheet should be used with learners completing the tool for a second or subsequent time)



## Red questions

Please tick ✓ how much of the time you think each statement is true of you. Only choose one box for each question.

1 I know what my strengths are...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2 I know how to use my strengths to do positive things...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 I like finding out about new things I could do...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4 I understand the challenges I face...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5 I know where to find the information I need to achieve what is important to me...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6 I know what help I need and where to find it...

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Lift Off Progression Awareness Tool | Questionnaire

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Questionnaire – Awareness questions

## Lift Off Reflection questions

### Yellow questions



The yellow section asks questions about **Aspiration**. Count up how many ticks ✓ you have for each shape in the yellow section.

Which shape do you have the highest number of answers for?

**Mostly** (circle)

You should start thinking about the skills and attributes that you would like to develop in the future.

Answer these questions:

1. What skill would you really like to learn?
2. Why would you like to learn this skill?
3. What will you need to do to learn this skill?

**Split between** (triangle and square)

You have started thinking about what you would like to be able to do in the future, and sometimes show some of the characteristics that will help you achieve this.

Answer these questions:

1. Write an example of something that you would like to do in the future.
2. What characteristics will help you to achieve this?
3. What will help you to develop these characteristics?

**Mostly** (triangle)

You think about what you would like to be able to do in the future, and often show some of the characteristics that will help you achieve these things.

Answer these questions:

1. Write an example of where you have worked hard to achieve something.
2. What helped you to keep going even though you found it hard?
3. What will help you to achieve other things that you would like to do in the future?

**Split between** (square and hexagon)

You think about what you would like to do in the future, and regularly show several of the characteristics that will help you achieve those things.

Answer these questions:

1. Write an example of an ambition that you have for the future.
2. What might be difficult about achieving this ambition?
3. What will help you to overcome these difficulties?

**Mostly** (hexagon)

You believe you can achieve the things that are important to you in the future and you regularly display the skills to help you achieve those things.

Answer these questions:

1. Write an example of where you have shown **Aspiration**.
2. What could you do to develop more **Aspiration**?
3. What would help you to develop more **Aspiration**?

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Lift Off Progression Awareness Tool | Reflection questions

Reflection questions – Aspiration questions

## Blue questions



The blue section asks questions about **Attainment**. Count up how many ticks ✓ you have for each shape in the blue section.

Blue circle, triangle, and hexagon shapes with dashed boxes for counting ticks.

**Attainment is demonstrating skills and qualities that will help you to achieve what is important to you.** This might be:

- knowing how to use your skills and qualities to help you achieve what is important to you
- feeling confident about tackling problems that you might have
- being able to work well with others
- planning how to do something, and using your experience to improve your next plan
- feeling confident about trying new things and learning new skills, even when it's tricky at first

Look on the reflections question sheet. What does it say that your answers suggest?

This suggests that...

Now answer the three questions from the reflection sheet for your shape:

1

2

3

Lift Off Progression Awareness Tool | Reflection worksheet

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Reflection worksheet – Attainment section

## Lift Off Review worksheet



Name: \_\_\_\_\_ Date: \_\_\_\_\_

The worksheet you have just completed asked you to think about what characteristics you have, how you might develop these further and how they might help you in the future. You may remember answering these questions a few months ago. This worksheet asks you to think about what has changed since then.

**What do you need to do?**

1. Look back at what you wrote the last time you completed the worksheet and compare your responses with what you have just written.
2. Think about everything you have written and answer these three questions:

What has changed?

What has helped you to develop your characteristics?

What have you found challenging when developing your characteristics? What have you learnt that might help you to overcome things that you find challenging in the future?



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Review worksheet – whole worksheet