

OPCP-L5 Guidance to Writing a Learning Review

The learning review is essential to the process of learning and demonstrating reflective skills. This is an opportunity for regular exploration and evaluation of your learning. It is important to keep the focus on your learning and your self-awareness and personal development. At level 5 it is expected that your learning reviews will show a coherent understanding of your core theoretical approach, and you can draw on research to demonstrate your understanding. Ideally your reviews should be written as soon as possible after each lesson.

You can demonstrate your learning in the application of online and phone counselling skills by providing examples from counselling skills practice, group work and group training supervision. You might also refer to your real-world experiences as an online or phone counsellor, or insights from your supervision, if you are currently in the workplace or at a work placement.

You might also include your own thoughts, feelings and responses with reference to additional reading and/or online resources.

Your tutor will ask to see your learning review regularly, possibly weekly. Your tutor will probably ask you to submit a CAS sheet with every submission of your work and on this you will indicate which criterion you believe you have met. The tutor will give you feedback, with either YES (this is sufficient) or NO and a request for additional work. As well as offering support and encouragement, your tutor will give you written assessment feedback which will help you see exactly where you have done well and what further work might be needed.

If you are required to write additional evidence, do not delete anything from your review; just submit another paragraph as requested. This tracks your learning and understanding.