**Assessment STRATEGY for CERTIFICATE IV in Yoga 11327NATDelop a NNl self mastery action plan**

***Assessment Strategy***

* Assessment tasks to establish competency in this unit may include written assignments, oral question and answer quizzes, observation and participation in group discussions.

***Competence***

* To demonstrate competence you must complete all assessment tasks.

***Written Assignments***

* PLEASE USE THE TEMPLATE PROVIDED TO COMPLETE YOUR ASSESSMENT
* Include your name and date and electronic signature where required
* Presentation of any written assessment is important. How you do one thing is how you do everything.
* Typed or hand written (legibly).
* Name and date.
* References (if required).
* All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.
* Plagiarism is a form of cheating. It is taking and using someone else’s thoughts or writings and representing them as your own. Don't do it. It may result in exclusion from the course.
* On successful completion of all the units in Certificate 4 in Yoga, there will be one final written examination that will cover content from all the units of competency. This exam will consist of; short answer, multiple choice, and true/false questions.
* The exam duration is 2 hours and a minimum grade of 100% is required.

***NAT11327007 Develop and Implement a personal self-mastery action plan***

In this unit you will create your own self mastery plan using the keys to self mastery. You will set personal goals and review your own self mastery plan.

This can lead to developing and implementing actions to transform your personal and vocational life.

The summary of your assessment is as follows:

***Y4AP1 Knowledge* Questions** - These are questions that provide the opportunity to explore who you are and what you want

***Y4AP2 Project Sankalpa***– The exploration continues as you complete worksheets from Shanti’s e- book - *Sankalpa Intention – The Future is in your Hands.* Worksheets Learning Journal 1 to Learning Journal 7

***Y4AP3* *Project Self Mastery Plan*** – Now document your Self Mastery plan

***Y4AP4 Self Assessment* *Peer review*** – Present your plan to the group and seek feedback from your peers

*Y4AP5 Self Assessment* – Assess, review and decide what needs to be done

Each assessment has a cover sheet that needs to be completed

**Y4AP1 Assessment –Knowledge Questions**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of student |  | Date |  |
| Name of assessor | Sue Green | | |
| Unit/s (code and name) | NAT11327007 Develop and implement a personal self mastery action plan | | |
| Method of assessment | Written  Verbal | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Student** **Instructions** | | | | |
| * This assessment consists of questions 1-8 * Answers must be clear, concise and in your own words * **All writing, notes and responses to be done in the spaces provided** * You must answer all questions to be deemed competent in this unit * Re-assessment of any incorrect responses will be undertaken verbally and noted on the assessment * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | | |
|  |  | | | |
| **Satisfactory**  **Not Satisfactory** | | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | | |
|  | | | | |
| **Assessor Signature:** | | Date: | | |
| **Student Signature:** | | Date: | | |

**Y4AP1 Knowledge Questions**

Answer the following questions:

**1. Self Mastery**

There are 8 Shanti Yoga Self Mastery keys (see your course notes)

**Longer term:**

Please describe 3 behavioural action steps (24 steps in all) that you will take per point.

**Immediately**

Indicate three (of these steps) you will implement, starting now

**2. Purpose**

##### Purpose

1. focuses on contribution
2. uses gifts and talents
3. is meaningful
4. is enjoyable
5. is continuous.

Define your mission, in a statement about purpose that expresses your commitment to what

your life is about.

Begin with the words *I am*… (*I am* gives you an immediate sense of commitment and ownership to your purpose).

For example:

##### I am

* making a difference.
* committed to the expression of beauty and love in my life and on this planet.
* committed to myself and humanity and express it through my peace and love.
* committed to being practical and can do anything I want.
* myself, an individual and a unique, compassionate person, capable of showing people through Yoga how to become more holistic, healthy and how to evolve spiritually.
* an inspiration to the environment and endorse with praise and encouragement.

2.1 I am ……………………………………………………….

2.2 How would you know if you were on purpose?

2.3 I’d like for myself to…

2.4 What will I miss out on when / if I fulfill my mission…

2.5 My thoughts about myself are…

2.6 The price I am willing pay to achieve my mission is…

2.7 What can I do in my life to make myself happier?

**3. Review Purpose**

3.1 How will you stop rushing from one situation to the next, just surviving?

3.2 Can you see yourself in 12 months, 3 years, 5 years time, still doing

what you are doing now? Please expand.

3.3 Do you question why you don’t set goals for yourself, or set goals

but never quite achieve them?

3.4 Describe the steps you must take to achieve the aspirations in your life.

3.5 Have you attempted to go for your dreams and failed, then given up

and are you still looking for answers?

3.6 How do you overcome the confusion about which steps to take to

move you forward in the right direction?

**4. Who am I? What do I want?**

4.1 The best thing about me is

4.2 The best thing I can do is

4.3 I am great because

4.4 I am really good at

### 4.5 What has meaning for me i.e. What do I want?

4.6 Is what I want beneficial?

4.7 Why is it beneficial for me?

4.8 Would it be an appropriate example or a benefit to those around me

4.9 If I feel, know or have a gut feeling that it is not beneficial for me, why isn’t it?

4.10 If it’s not beneficial for me, could it also affect others in my life, and if so, how?

4.11 What would my wise self choose right now?

4.12 What would I gain by trusting my wise self and following its advice?

**5. What do I have to offer?**

Before determining what you want, you need to clarify what you have to offer. Define what is special about you, to evolve that unique contribution that you can make to the world. Patience is essential. The answers to questions you must ask yourself rarely come quickly or easily because this process requires examining your deepest motives. It often means exploring new territories.

#### 5.1 My assets are

List the qualities and characteristics you regard as valuable.

I have…

5.2 My talents are

List your natural abilities and aptitudes.

I am…

5.3 My skills are

List your competencies acquired through practice.

##### I have the ability to…

5.4 My strengths are

**6. Conduct a self assessment.**

What are 5 sources of your inspiration and motivation

1.

2.

3.

4.

5.

**7. Self Confidence**

Identify 5 qualities and skills of individuals who embody self confidence

1.

2.

3.

4.

5.

**8. Action Steps**

Outline 5 action steps to design, create and motivate yourself

1.

2.

3.

4.

5.

**Y4AP2 Project – Worksheets**

**Sankalpa – Intention – Your future is in your Hands**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of student |  | Date |  |
| Name of assessor | Sue Green | | |
| Unit/s (code and name) | NAT11327007 Develop and implement a personal self mastery action plan | | |
| Method of assessment | Written  Verbal | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Student Instructions** | | | |
| * This assessment requires that you complete the worksheets from your textbook: **Sankalpa Intention: Your Future is in your Hands pages 18 – 46** * The worksheets are numbered **Learning Journal 1 to Learning Journal 7** * The worksheets are to be completed in your own words * You may complete the worksheets in a separate notebook/paper or you can include them in this document   .   * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | |
| **Satisfactory**  **Not Satisfactory** | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | |
|  | | | |
| **Assessor Signature:** | Date: | | |
| **Student Signature:** | Date: | | |

**Y4AP3 Project – Self Mastery Action Plan & Review**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of student |  | Date |  |
| Name of assessor | Sue Green | | |
| Unit/s (code and name) | NAT11327007 Develop and implement a personal self mastery action plan | | |
| Method of assessment | Written  Verbal | | |

|  |  |  |  |
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| **Student Instructions** | | | |
| * This assessment requires that you prepare a self mastery action plan for the next 3 months of your life. * Your plan will be shared with your peers or tutor * **The plan should include:**   + A personal vision   + A mission statement   + Purposeful and sustainable goals   + Learning needs and their prioritisation   + Identifying learning and development opportunities (minimum2)   + Actions – minimum 3   **A review**   * On presentation of your plan, your peers/tutor may provide constructive feedback * **A further review will be conducted in the final tutorial.** * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | |
| **Satisfactory**  **Not Satisfactory** | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | |
|  | | | |
| **Assessor Signature:** |  | | |
| **Student Signature:** |  | | |

**Y4AP3 Project – Self Mastery Action Plan & Review**

Prepare a self mastery action plan for the next 3 months of your life.

* **The plan should include:**
  + A personal vision
  + A mission statement
  + Purposeful and sustainable goals
  + Learning needs and their prioritisation
  + Identifying learning and development opportunities (minimum2)
  + Actions – minimum 3

**A review**

* On presentation of your plan, your peers may provide constructive feedback

My Self Mastery Plan:

**Y4AP4 Peer Review Self Mastery Action Plan**

Candidate Instructions

* You are required to outline your Self Mastery action plan to the group
* You will be observed in tutorial by your tutor and peers and peers will be asked to make positive contributions.
* The checklist is outlined below. You can use it as a guide for discussion

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Health Institute Australasia | | Southport Campus | | |
| Competency standard | | **NAT11327007 Develop and implement a personal self mastery action plan** | | |
| Student name | |  | | |
| Assessor name | | Sue Green | | |
| Assessment date/s | |  | | |
| Task observed | | Delivery and peer feedback on Self Mastery plan | | |
| **Observation checklist** | | | | |
| Did the student: | | | | |
| 1.1 | Develop a Self Mastery Plan to meet individual needs | |  |  |
| 1.2 | Deliver a Self Mastery Plan to your tutor and peers | |  |  |
| 1.3 | Researched and identified at least 2 learning and development opportunities | |  |  |
| 1.4 | Communicate with peers to get feedback on how best to achieve your goals | |  |  |
| 1.5 | Communicate with peers to ensure that you have been able to identify and prioritise your learning needs | |  |  |
| 1.6 | Communicate with peers to get feedback on how the plan might help your growth. | |  |  |
| 1.7 | Graciously accept feedback and review and make adjustments as required | |  |  |

|  |  |
| --- | --- |
| Overall performance | ❒ Satisfactory ❒ Not Yet Satisfactory |
| Feedback to candidate |  |
| Assessor Signature | Date: |
| Student signature | Date: |

**Y4AP5 Self Assessment**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of student |  | Date |  |
| Name of assessor |  | | |
| Unit/s (code and name) | NAT 11327007 Develop and implement a personal self mastery action plan | | |
| Method of assessment | Written  Verbal | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Student **Instructions** | | | |
| * This assessment consists of 5 questions * Answers must be clear, concise and in your own words * All writing, notes and responses to be done in the spaces provided on the next page * You must answer all questions to be deemed competent in this unit * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | |
| **Satisfactory**  **Not Satisfactory** | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | |
|  | | | |
| **Assessor Signature:** | Date: | | |
| **Student Signature:** | Date: | | |

**Y4AP5 Self Assessment**

1. a. Identify a minimum of 3 areas of strength and 3 areas of weakness

1.b Identify a minimum of 3 learning and development opportunities

2. a. How did the relationship between body, mind, emotions and spirit influence your goals?

2. b. How did Yoga cosmic perspectives influence your Self Mastery plan?

3. a. Review the peer feedback on your Self Mastery action plan and make adjustments if required.