**MARK SHEET – Developing individual mental toughness**

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| **Centre Number :** |  | **Centre Name :** |  |
| **Learner Registration No :** |  | **Learner Name:** |  |
| **INSTRUCTIONS FOR ASSESSMENT AND USE OF MARK SHEET** Assessment must be conducted with reference to the assessment criteria (AC). In order to pass the unit, every AC must be met.Assessors will normally award marks for every AC and then total them into a percentage. However, for greater simplicity, there is the option to not use marks at all and merely indicate with a ‘Pass’ or ‘Referral’ in the box (below right). In order to pass the unit every AC must receive a ‘Pass’ **Where marks are awarded according to the degree to which the learner’s evidence in the submission meets each AC, every AC must be met, i.e. receive at least half marks (e.g. min 10/20). Any AC awarded less than the minimum produces an automatic referral for the submission (regardless of the overall mark achieved).** Sufficiency descriptors are provided as guidance. If 20 marks are available for an AC and the evidence in the submission approximates to the ‘pass’ descriptor, that indicates it should attract 10 marks out of 20, if a ‘good pass’ then ca. 15 out of 20. The descriptors are not comprehensive, and cannot be, as there are many ways in which a submission can exceed or fall short of the requirements. | 1. **Learner named above confirms authenticity of submission.**
2. **ILM uses learners’ submissions – on an anonymous basis – for assessment standardisation.  By submitting, I agree that ILM may use this script on condition that all information which may identify me is removed.**

**However, if you are unwilling to allow ILM use your script, please refuse by ticking the box: □** |
| **Learning Outcome / Section 1:** Be able to assess own mental toughness  |
| **Assessment Criteria (AC)** | **Sufficiency Descriptors***[Typical standard that , if replicated across the whole submission, would produce a referral, borderline pass or good pass result]* | **Assessor feedback on AC** *[comments not necessary in every box]* |
| AC 1.1Explain the importance and implications of mental toughness | **Referral [*3/12*]** | **Pass [*6/12*]** | **Good Pass [*9/12*]** |  |
| * The importance and/or implications of mental toughness is not explained
 | * Both the importance and the implications of mental toughness are correctly explained although the detail may be limited
 | * Both the importance and the implications of mental toughness are correctly explained in detail
 |
| / 12(min. of 6) | Pass or Referral |
| AC 1.2Evaluate a model that measures mental toughness | **Referral [*3/12*]** | **Pass [*6/12*]** | **Good Pass [*9/12*]** |  |
| * An inappropriate model that measures mental toughness is selected for evaluation or a suitable model that measures mental toughness is incorrectly or incompletely evaluated
* A model that measures mental toughness is simply described or explained
 | * An appropriate model of that measures mental toughness is selected and evaluated to draw brief or limited conclusions
 | * An appropriate model of that measures mental toughness is selected and evaluated to draw detailed conclusions
 |
| / 12(min. of 6) | Pass or Referral |
| AC 1.3Measure own mental toughness using a relevant model | **Referral [*3/12*]** | **Pass [*6/12*]** | **Good Pass [*9/12*]** |  |
| * Own mental toughness is measured using an inappropriate model or incorrectly or incompletely measured using an appropriate model
 | * Own mental toughness is measured using an appropriate model to draw brief or limited conclusions
 | * Own mental toughness is measured using an appropriate model to draw detailed and meaningful conclusions
 |
| / 12(min. of 6) | Pass or Referral |
| **Section comments** (optional): | **Verification comments** (optional): |
| **Learning Outcome / Section 2:** Understand how mental toughness can be developed  |
| **Assessment Criteria (AC)** | **Sufficiency Descriptors***[Typical standard that , if replicated across the whole submission, would produce a referral, borderline pass or good pass result]* | **Assessor feedback on AC** *[comments not necessary in every box]* |
| AC 2.1Using the results of own mental toughness assessment, examine the implications for self and organisation | **Referral [4/16]** | **Pass [8/16]** | **Good Pass [12/16]** |  |
| * The results of own mental toughness assessment are used but only implications for self or for organisation are assessed
* The results of own mental toughness assessment are only partially or incompletely applied to assess implications for self and organisation
 | * Results of own mental toughness assessment are used to examine the implications for self and organisation although the examination may lack depth
 | * Results of own mental toughness assessment are used to examine in depth the implications for self and organisation
 |
| / 16(min. of 8) | Pass or Referral |
| AC 2.2Evaluate tools for developing mental toughness | **Referral [*3/12*]** | **Pass [*6/12*]** | **Good Pass [*9/12*]** |  |
| * No tools are selected for developing mental toughness or only one tool is selected and used to evaluate mental toughness
* Two or more tools are for developing mental toughness are simply described or explained rather than evaluated
 | * Two or more tools for developing mental toughness are evaluated resulting in brief or limited conclusions
 | * Two or more tools for developing mental toughness are evaluated resulting in a range of appropriate conclusions
 |
| / 12(min. of 6) | Pass or Referral |
| **Section comments** (optional): | **Verification comments** (optional): |
| **Learning Outcome / Section 3:** Be able to plan to improve own mental toughness  |
| **Assessment Criteria (AC)** | **Sufficiency Descriptors***[Typical standard that , if replicated across the whole submission, would produce a referral, borderline pass or good pass result]* | **Assessor feedback on AC** *[comments not necessary in every box]* |
| AC 3.1Produce an action plan to develop own mental toughness | **Referral [4/16]** | **Pass [8/16]** | **Good Pass [12/16]** |  |
| * No action plan is produced to develop own mental toughness
* An action plan is produced that is incomplete or lacking sufficient detail to identify a mental toughness development pathway
 | * An action plan is produced to develop mental toughness which includes priorities and timescales
 | * An action plan is produced to develop mental toughness which includes priorities and timescales, resources and responsibilities
 |
| / 16(min. of 8) | Pass or Referral |
| AC 3.2Explain the benefits of implementing the action plan | **Referral [*3/12*]** | **Pass [*6/12*]** | **Good Pass [*9/12*]** |  |
| * The benefits of implementing the action plan are not explained or are simply described or listed
 | * Two or more benefits of implementing the action plan are explained in reasonable detail
 | * Two or more benefits of implementing the action plan are explained in full detail
 |
| / 12(min. of 6) | Pass or Referral |
| AC 3.3Explain how you will monitor and evaluate the action plan | **Referral [*2/8*]** | **Pass [*4/8*]** | **Good Pass [*6/8*]** |  |
| * How the action plan was monitored and evaluated is not explained or is simply described or listed.
* An explanation is given of how only monitoring was undertaken or how only evaluation was undertaken
 | * A limited but sufficient explanation of how the action plan was monitored and evaluated is given
 | * A detailed explanation of how the action plan was monitored and evaluated is given
 |
| / 8(min. of 4) | Pass or Referral |
| **Section comments** (optional): | **Verification comments** (optional): |
|  | **/ 100** | **TOTAL MARKS** |

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| **Assessor’s Decision** | **Quality Assurance Use** |
| **Outcome** (*delete as applicable*): **PASS / REFERRAL** | **Signature of Assessor:****Date of QA Check:** | **Outcome** (*delete as applicable*): **PASS / REFERRAL** | **Signature of QA:****Date of QA check:** |