

16–18 years

# Practical skills tracking



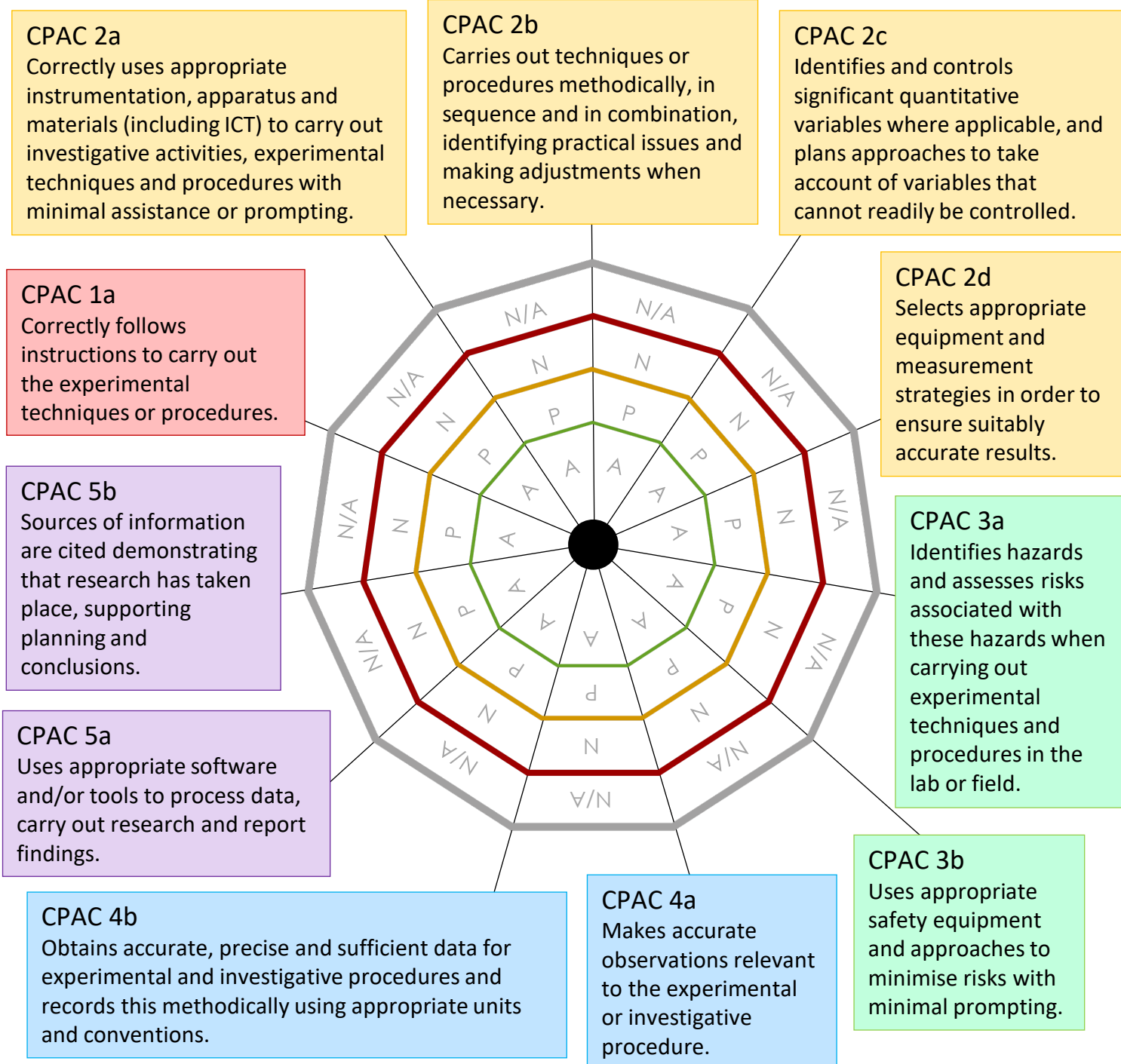
## Use these tools to help you to ...

1. Obtain clear, meaningful feedback on your competency in specific practical skills.
2. Track your progression through practical activities.
3. Understand how to improve your competency in a specific practical skill.

## CPAC overview

1. Follows written procedures
2. Applies investigative approaches and methods when using instruments and equipment
3. Safely uses a range of practical equipment and materials
4. Makes and records observations
5. Researches, references and reports

Key	
A	Achieved
P	Partially achieved but with minor areas for work
N	Needs improvement
N/A	Does not apply to this practical group



Record		Key notes
<b>Practical group:</b>		<p><i>What are the important things to remember when doing this style of practical?</i></p>
Individual practical activity	Date	

**Reflection and targets**

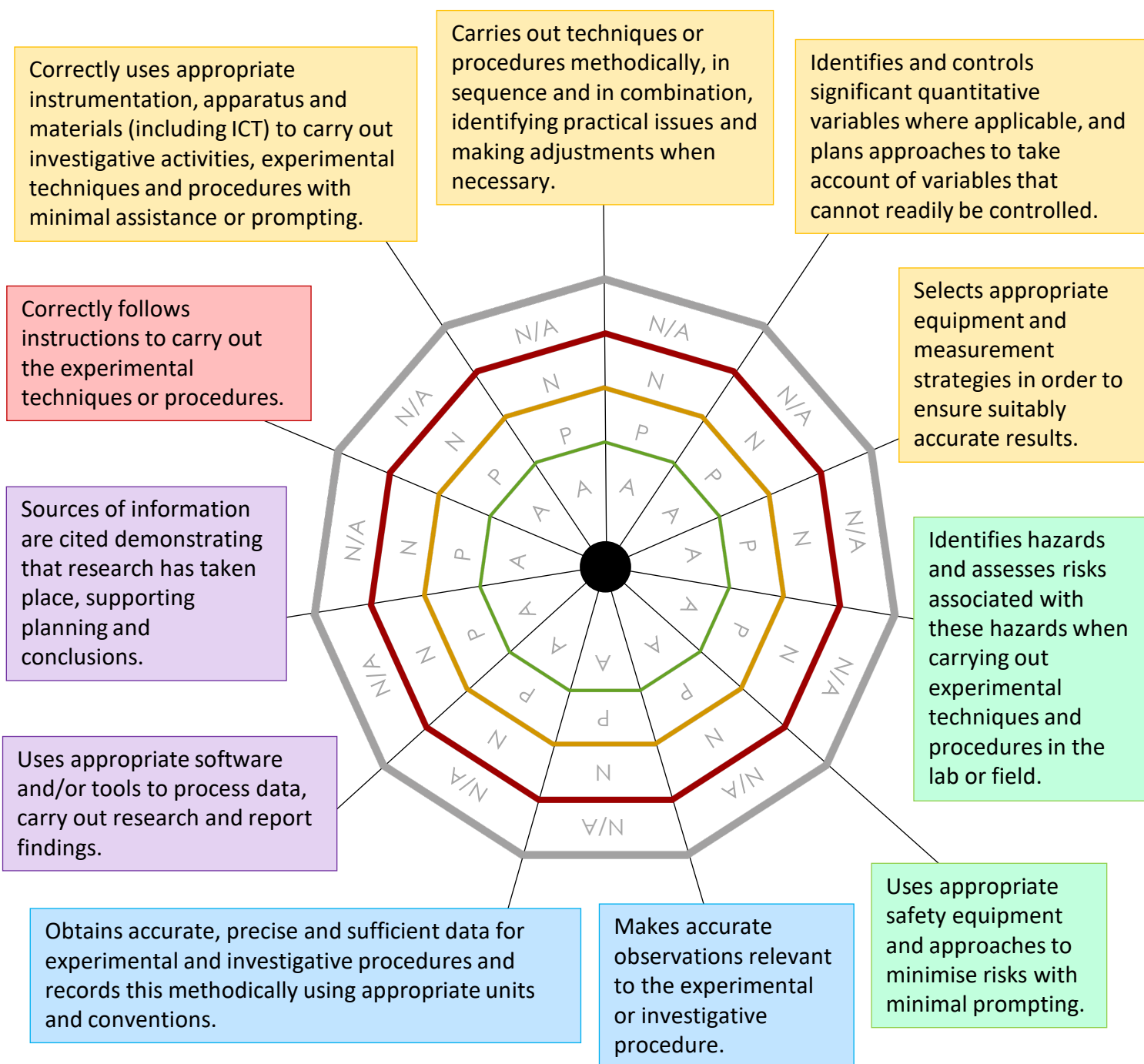
**What went well?** *Which skills have you developed in this group of practicals? What aspect of your work and write-ups are you most proud of?*

**Targets** *Which areas do you need to improve on? Is there a specific skill you are still uncertain about? Which CPACs do you need to work on?*

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