



Task Title: Tracking your Upgrading Hours

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started (m/d/yyyy): _____

Date Completed (m/d/yyyy): _____

Successful Completion: Yes ☐ No ☐

Goal Path:

Employment	☐	Apprenticeship	☐
Secondary School	☐	Post Secondary	☐
		Independence	☐

Task Description: The learner will calculate the number of hours they have dedicated to increasing their literacy skills.

Main Competency / Task Group / Level Indicator:

- Find and Use Information/Read continuous text/A1.1
- Communicate Ideas and Information/Complete and create documents/B3.1a
- Understand and Use Numbers/Manage time/C2.1
- Manage Learning/E.1

Materials Required:

- A calendar or notebook for tracking literacy hours (not supplied, use what will work best for your situation)
- Calculator

Learner Information

When you are in an upgrading program, it is important to spend a lot of time on your learning. More time on learning can mean greater progress towards your goal.

Work Sheet

Task 1: Over the next month, record the total number of hours you spend each day on your upgrading. This can include time in class, time on e-learning, and time doing homework.

Answer:

Task completed: Yes: ☐ No: ☐

Task 2: At the end of the month, how many hours in total did you spend on your upgrading?

Answer:

Task 3: Review your chart and consider whether you are spending enough time on your upgrading.

Answer:

Task completed: Yes: ☐ No: ☐

Task 4: Set a goal for the next month for the number of hours you will spend on your upgrading. Record it below.

Answer:
