
Overview

This standard is about the competence you need to reflect on your practice. Reflecting on practice is a tool for self-evaluation of achievements, strengths and weaknesses and will enable you to develop and learn from assessing your own practice.

**Performance
criteria**

- You must be able to:*
- P1 monitor processes, practices and outcomes from your own work
 - P2 evaluate the effectiveness of your performance against performance indicators or best practice benchmarks
 - P3 reflect on your interactions with families, colleagues and external organisations
 - P4 share your reflections with others and use their feedback to improve your own evaluation
 - P5 identify areas in your knowledge, understanding and skills where you could develop further
 - P6 develop and negotiate a plan to develop your knowledge, skills and understanding further
 - P7 access opportunities for continuing professional development as part of this plan
 - P8 consult others to learn from their experiences
 - P9 access knowledge, current thinking and information about your area of practice
 - P10 set objectives for change and improvement to your practice that are measurable and achievable

Knowledge and understanding

You need to know and understand:

- K1 why reflection on practice and evaluation of personal effectiveness is important
- K2 how learning through reflection can increase professional knowledge and skills
- K3 sources of information about current thinking and best practice in your area of responsibility and the validity of new information for your practice
- K4 how reflection can enhance and use personal experience to increase confidence and self esteem
- K5 techniques of reflective analysis
- K6 how to use reflection to challenge existing practice
- K7 how to identify further areas for development in your skills and knowledge through reflection, feedback and other sources
- K8 how to develop a personal development plan with objectives that are specific, measurable, achievable realistic and time-bound
- K9 the availability and range of training and development opportunities and how to access these
- K10 the importance of integrating new information or learning in order to meet current best practice requirements
- K11 techniques for evaluating your effectiveness and receiving feedback from others

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Reflect on and update own knowledge and practice

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