

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:

1.
monitor processes, practices and outcomes from your own work
2.
evaluate the effectiveness of your performance against performance indicators or best practice benchmarks
3.
reflect on your interactions with families, colleagues and external organisations
4.
share your reflections with others and use their feedback to improve your own evaluation
5.
identify areas in your knowledge, understanding and skills where you could develop further
6.
develop and negotiate a plan to further enhance your knowledge, skills and understanding
7.
access opportunities for continuing professional development as part of this plan
8.
seek opportunities to learn through peer support
9.
access knowledge, current thinking and information about your area of practice
10.
set objectives for change and improvement to your practice that are measurable and achievable

Knowledge and understanding

You need to know and understand:

1. the importance of self-reflection and self-evaluation to improve practice
2. how to access new and emerging research and practice in your area of expertise and how this can improve your practice
3. how self-reflection can improve practice and increase confidence and self esteem
4. reflective analysis tools and techniques
5. how to identify further areas for development in your skills and knowledge through self-reflection, feedback and other sources
6. how to develop a personal development plan with objectives that are specific, measurable, achievable realistic and time-bound
7. the availability and range of training and development opportunities and how to access these
8. the importance of integrating new information or learning in order to meet current best practice requirements
9. tools and techniques for evaluating your effectiveness and receiving feedback from others

Reflect on and update own knowledge and practice

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