**BTEC National Diploma in Health & Social Care Year 2 Reflection term 1. -UNIT 6 & 44**

Write a piece reflecting upon and evaluating you development over the first term at Carmel.

Title: **Reflecting and Evaluating My Development during the Autumn Term at Carmel.**

Sub title: **My Values and Aspirations**

Are your values changing? If you consider they have why has this occurred and what has influenced these changes?

Have your career aspirations changed? Has anything strengthened your career aspirations? UCAS progress?

If you have not got a clear career aim, have you done anything to assist you in developing your ideas? Eg careers interview.

Are there any actions you need to be taking towards your career aim?

Subtitle: **My Personal Learning**

**Knowledge** **& Skills for Learning** –

What have you studied? Has your knowledge developed? What do you know now that you did not know at the start of the course? What has influenced this? Is there anything you need to do to further develop your knowledge of the topics covered?

Have there been any key influences on your learning during the course so far?

Have you made effective use of the learning opportunities and support for learning?

Look at the skills for learning. Have any of these developed during the course so far? Are

there any skills you could work on?

**Skills** - Reflect on any changes in your skills - working with others, Technical skills, Research skills, Personal organisational & time management skills, Personal Presentation skills. Communication skills. - Have your skills developed in these areas?

What has influenced these changes?

Where you have developed these skills?

What skills do you need to work on?

**Work Placement –** Where was your work placement in term 1? What is the client group/age range you are working with? How has work placement developed your knowledge and skills?

Give at least one example from your experience showing the links between theory (learned in class) and practice (what happens in the work place)

Sub title: **Review and assessment of My Action Plan.**

Are your goals clear?

Do you need to make changes?

Do the actions need to be more detailed and specific? Have you got dates for the overall goals and review of each action?

Is your action plan up to date?

Have you meet your deadlines for monitoring and reviewing these?

What has affected the progress against your personal goals and targets?

If you have made changes to your goals, what are the reasons for these changes?

Sub title: **Reflection**

Have you made regular entries in your work placement log?

How often are you recording?

Do you need to change the frequency of your recordings? If so why?

Have you read your previous reflections before writing this reflection? If you did was it useful? If not why didn’t you?

Sub title: **Actions based on my reflection**

Identify any actions you need to undertake based upon your reflection.

Do you need to add any of these actions to your action plan? If yes add them.