**BTEC Diploma in Health & Social Care Year 1. - UNIT 48**

Write a piece reflecting upon and evaluating your development over the past year. (see answer framework below).

Print this off and put it in your unit 48 file, also upload a copy to Connect unit48 Reflection End of Year 1 folder.

**Answer Framework**

Title: **Reflecting and Evaluating My Development at the end of year 1 (completion of term 1,2 and 3)**

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? If not why not? Eg Because of your study of units , work experiences, voluntary work etc?

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

If you have not got a clear career aim, have you done anything to assist you in developing your ideas and progress? Eg careers interview, university visits, production of a personal statement, improved work effort because of the grades you need to achieve to progress into this career etc. Are your values changing? If you consider they have why has this occurred and what has influenced these changes?

Sub title: **Review and assessment of My Careers Action Plans.**

Are your career 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 careers 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?

Are there any further actions you need to be taking towards your career aim? Completion of work experience, voluntary work, UCAS research, completion of your personal statement.

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 at the end of year one? Are there any skills you could work on?

**Subtitle: 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? When? How?

**Subtitle: The H & Sc Theory you have learned so far at the end of year one –**

Reflect all the learning that has taken place for each of the units you have studied (unit by unit). Identify each unit title and reflect on your development and achievement for each unit.

What grade did you achieve on first submission and resubmission of work if applicable? What have you learned? What were the challenges you faced when completing this unit? How did you address/overcome these challenges? Effectively of not? What were your strengths and areas for development?

Sub title: **Employability skills –**

**Work placement 1, 2 & 3**

Where have you been out on work placement this year (reflect on all 3 placements)? What is the client group/age range you have worked with? How have these work placements developed your knowledge and skills over the past year?

Give several examples from your work experience placements showing the links between theory (learned in class) and practice (what happens in the work place) unit by unit i.e. Equality and Diversity; Communication; Human Growth and development.

What employability skills have you developed this year. Give egs how you have developed these skills? Any skills you still need to develop? Ow do you intend to do this?

Sub title: **Work placement Reflective journals – placement 1, 2 & 3**

Have you made regular entries in your work placement logs?

How often are you recording?

Do you need to change the frequency of your recordings/detail 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: **Review and assessment of My Action Plans.**

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: **Actions based on my reflection**

Identify any actions you need to undertake for year 2 based upon your reflection. Have you added these to your action plan? What do you need to do to ensure you achieve these goals?

**Sub title Conclusion**

What are your hopes and fears for year 2?

Where do you see yourself in 3 years’ time?