

Principles of personal development in adult settings

[Sociology](#), [Communication](#)



Principles of personal development in adult settings 32

1. 1 Explain what reflective practice is? To create space to focus on my day to day movement, task i. e. whether I've done tasks correctly; if I need to work on things; if I need supervision; what do I need to do next.

1. 2 Explain the importance of reflective practice in continuously improving the quality of service provided? It is important because it identifies weakness's that then can be developed to provide positive outcome, thus continuously providing quality service. . 3 Explain how standards inform reflective practice in adult social care? Standards inform reflective practice because they impact on how I work in a day today setting. I have to be fully aware of them and understand the impactions of not working towards them. Reflecting on standards also gives me the opportunity to update myself on any new standards.

1. 4 Describe how own values, beliefs systems and experiences may affect working practice?

My values, beliefs system and experiences could impact on the work I am doing with residents if I do not have an awareness of my own values etc. This is because I could find it difficult to accept other people values and beliefs, I might feel mine are the right ones and paths I have chosen are the ways to successful rehabilitation.

2. 1 Explain how people will react and respond to constructive feedback? Constructive feedback gives people the opportunity to develop; if areas for improvement have been identified then this could cause the person to become upset.

If this feedback is given in a positive manner then the person is more than likely to accept it and work on improving.

2. 3 Explain the importance of

using feedback in improving own practice? It is important that I obtain feedback; this feedback allows me to continually improve my working practices; it also identifies any areas of development that I may have, I can then work on these areas and I will continually progress in my practices. 3.

1 Explain the importance of using feedback in improving own practice?

To have a personal development plan you will have: regular meetings with supervisor specifically for PDP; during these meetings targets will be identified for example attending training courses; follow up meetings will review what targets have been met and those that are ongoing. 3. 2 Identify

sources of support for planning and reviewing own development? To support me whilst doing my PDP I can speak to colleagues, my line manager, and tutor if on any courses. Reference books and internet could be ways to help. 3. 3

Explain the role of others in the personal development plan in identifying: Strengths; areas for development?

My line manager, colleagues and residents are all able to help me identify the strengths that I have and areas of development this is done in one to one settings, staff meetings and from feedback from residents through peer process. 3. 4 Explain the benefits of using a personal development plan to

identify ongoing improvements I knowledge and understanding? As a plan is not set in stone it allows new targets to be added throughout the year. Old targets can also be modified or deleted if necessary. This allows for the ongoing improvement in knowledge and understanding and also meets business needs.