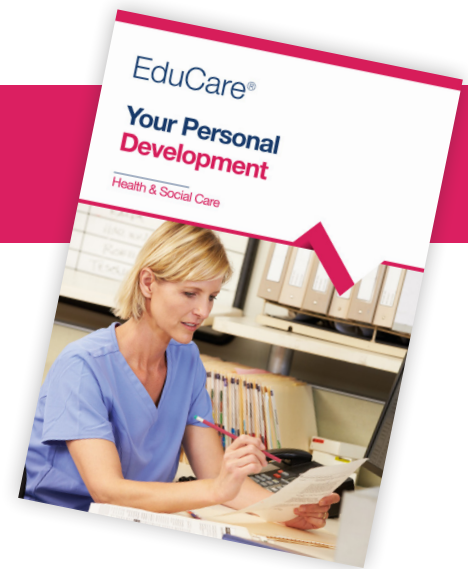


Your Personal Development in Health and Social Care

As a health and social care worker you are accountable for your actions and must be competent to carry out the tasks that you do. Therefore, you must maintain and develop your knowledge and skills through the use of continuing professional development (CPD). This course introduces you to the sources of support available and shows how to develop and use your personal development plan (PDP).



Course details

- One module with a multiple-choice questionnaire
- One CPD credit*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

- **Why is continuing professional development so important?**
- **Sources of support for your CPD**
 - Internal sources
 - External sources
- **How do you know what areas you need to develop?**
 - Skills audits
 - Self-assessment
- **Feedback, supervision and appraisal**
- **What is your personal development plan?**
 - Who is involved in drawing up a PDP?
 - 3 steps for developing a PDP
 - SMART objectives
 - Goals
- **Opportunities for learning and development**
- **Reflective practice**
 - How reflection helps you
 - Gibbs Reflective Cycle
- **Using your personal development plan**
 - Example of a PDP
 - Recording and evaluating your PDP
- **Knowledge and skills**
 - Functional skills
 - Why do you need these skills as a health and social care worker?
- **Assess yourself**
 - Assess yourself against the standard that relates to this course.

This course is suitable for

Anyone working as or planning to become a health and social care worker.

Key features

- Visually engaging and highly interactive
- Facility to make and save notes within the course.
- Built-in tool to assess yourself against the standard that relates to this course.
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning.

Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



Contents

1 Why is continuing professional development so important?

CPD will also:

- 1 **Widen your knowledge and skills**
Once you have settled into your role, you may like to take on new tasks and responsibilities.
- 2 **Promote your own self-esteem and self-confidence**
As you learn and develop your skills, you will achieve goals and gain in confidence.
- 3 **Assist in developing your career**
CPD will help you plan for and achieve progress in your career.
- 4 **Improve your employability skills**
A well-trained member of staff is a valuable asset to an organisation.

Navigation icons: Home, Back, Forward, Search

Contents

10 Assess yourself

Assess yourself against the standard that relates to this course.

The Care Certificate Your personal development Standard 2

Click the green arrows to scroll through the standards.

Click in the centre box to add a tick when you can answer 'yes' to the question below.

Do you know?

Explain why feedback from others is important in helping to develop and improve the way they work.

Why feedback is important for your development?

Progress bar with 10 dots, the 10th dot is highlighted.

Navigation icons: Home, Back, Forward, Search

Question 7

The 3 steps for drawing up a PDP are...

- Agree the objectives; decide what knowledge and skills you need to develop
- Plan the learning opportunities necessary to meet your objectives
- Undertake the agreed training
- Set timescales for the completion of each objective

Progress bar with 10 dots, the 7th dot is highlighted.

Navigation icons: Back, Forward

Why choose us?



“ I like the modular delivery of the courses and the fact that I can access management reports so that I know which people have undertaken the learning and exactly how they got on with it. It can also highlight any gaps in people’s knowledge that we can remedy if necessary. ”

Noeleen Brown, Nurse Teacher
Portland Hospital for Women and Children

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