

Your name..... Date.....



Reflection/action plan

As a result of feedback and reflection on using the Preparation for Practice self assessment tool, what do you now plan to do in order to increase your confidence and competence in practice? Don't forget to add timescales to your action planning.

You may want to share this action plan with your supervisor, mentor or tutor

> Looking at the scores for each question and section and thinking about your role and stage in your career, what are your strengths? What do you feel are the areas where your confidence is just right for 'now' in your career?

> Looking at the scores for each question and section and thinking about your role and stage in your career, what are your areas for development? What areas do you want or need to improve, or that you feel should be stronger at this stage in your career?

> What actions are you going to take in order to improve your confidence in this area? Include timescales.

> How will you use this self - assessment in your development? (e.g. to support a discussion with your mentor/ supervisor, as part of a personal/ professional portfolio, to support an assessed activity?)