

## Health & Social Care Homework Task

### Self-Assessment

#### Introduction

Personal and Professional Development is designed to ensure that you as a student are developing your knowledge and skills all the time. To do this effectively you need to look at where you are starting. In this assessment you need to complete an audit of where you are currently with regard to your knowledge, skills, practice, values, beliefs and career aspirations. This will ensure that you set yourself SMART targets as you seek to develop these qualities.

#### Task

Complete a timeline which shows your personal journey to getting here today. Make it colourful and include pictures and dates. This might include:

- Family
- Friends
- Pets
- Hobbies
- Holidays/ Travel
- Where you have lived
- Education
- Achievements
- Anything which has had an impact on your life

This timeline is personal to you and can include photographs or you could make it out of craft materials. You can use a train track, a river, a roller coaster or ladder theme or chose to keep it simple.