

# Your Personal Development

A key part of your progression within the adult social care sector will be focused on your personal development. In a number of sectors it is even a legal requirement to continue to develop your skills and knowledge and it is essential to ensure you are working to the most up to date standards and guidance.

The course will start by looking at the way standards are set, monitored and regulated for social care organisations and workers throughout the UK. It then goes on to cover the codes of practice and legislation, reflecting on your work to ensure continued improvement, communication, feedback and much more.

| Course                    | Module Number | Module Name                        | Pass % Required |
|---------------------------|---------------|------------------------------------|-----------------|
| Your Personal Development | 1             | The Course Structure               | 70              |
| Your Personal Development | 2             | Setting Standards                  | 70              |
| Your Personal Development | 3             | Codes of Practice and Legislation  | 70              |
| Your Personal Development | 4             | Reflecting on your Work Activities | 70              |
| Your Personal Development | 5             | Personal Attitudes and Beliefs     | 70              |
| Your Personal Development | 6             | Formal and Informal Learning       | 70              |
| Your Personal Development | 7             | Feedback                           | 70              |
| Your Personal Development | 8             | Personal Development Plans         | 70              |

## Recommended System Requirements

- Operating System: Windows 7+ or Mac OSX (10.8+)
- Browser: A modern and up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Additional Software: Flash Player (latest version)
- Download Speed: Broadband (3Mb+)

**Duration:** 35 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).