

Title	Explain, apply, and evaluate self-reflection in a health or wellbeing setting		
Level	4	Credits	6

Purpose	<p>People credited with this unit standard are able to, in a health or wellbeing setting:</p> <ul style="list-style-type: none"> • explain the benefits and process of self-reflection; and • apply and evaluate self-reflection in own role.
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Classification	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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Available grade	Achieved
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Guidance Information

1 Definitions

- *Health or wellbeing setting* includes but is not limited to – the aged care, acute care, community support, disability, mental health, rehabilitation, social services and youth development sectors.
- *Organisational policies and procedures* refer to policies, procedures, and methodologies of an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.

2 Reference:

- Gibbs, G. (1988). *Learning by Doing: a guide to teaching and learning methods - eBook*. Retrieved August 27, 2020, from <https://shop.brookes.ac.uk/product-catalogue/oxford-centre-for-staff-learning-development/books-publications/ebooks/learning-by-doing-a-guide-to-teaching-and-learning-methods-by-graham-gibbs-ebook>.
- Johns C. (2017). *Becoming a reflective practitioner* (5th ed.). Oxford; Wiley-Blackwell.
- Rolfe, G., Freshwater, D. and Jasper, M. (2001). *Critical Reflection for Nursing and the Helping Professions: A User's Guide*. Basingstoke: Palgrave Macmillan.
- The Eden Alternative©. (n.d.). *Mission, Vision, Values, Principles*. Retrieved August 27, 2020, from <https://www.edenalt.org/about-the-eden-alternative/mission-vision-values/>.

- 3 This unit standard cannot be assessed against in a simulated environment. For assessment, candidates must demonstrate competence in the workplace through paid or unpaid employment, or in service provider workplace placements.

Outcomes and performance criteria

Outcome 1

Explain the benefits and process of self-reflection in a health or wellbeing setting.

Performance criteria

1.1 Self-reflection is explained in terms of its benefits to self, the people being supported, and the organisation.

1.2 The process of self-reflection is explained using one model.

Range models may include but are not limited to – Gibbs (1988) Reflective Cycle, Johns (2017) Model for structured reflection, Rolfe et al (2001) Framework for reflection.

Outcome 2

Apply and evaluate self-reflection in own role in a health or wellbeing setting.

Performance criteria

2.1 Self-reflection is applied using the model explained in performance criterion 1.2 and/or strategies adapted from the model.

2.2 Self-reflection is supported by seeking feedback from others in accordance with organisational policies and procedures.

2.3 Self-reflection is evaluated in terms of its influence on changing own practice.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 June 2015	31 December 2017
Review	2	16 June 2016	31 December 2023
Review	3	25 February 2021	N/A
Revision	4	16 December 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council qualifications@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.