



Self-awareness and reflexivity – recognise how the demands of professional social work practice affect self and others. Develop the use of reflexivity to consider what has been learned and how this learning can contribute to personal wellbeing and effective and sustainable practice.

Focus **7.2** Critical reflection and reflexivity.

Mandatory learning activity

Provide evidence of how you have used supervision or advice from a mentor to critically reflect on your own practice and development.

Critically reflect on your awareness of how your use of self, impacts on developing and sustaining effective relationships with individuals, families, carers and other professionals.

Use a tool or map to demonstrate how you use critical reflection when managing complex situations. Demonstrate how you have developed competence and confidence in critical reflection when managing complex situations in your practice.

Please note, this mandatory learning activity relates most closely to core learning element 7: self-awareness and reflexivity but all core learning elements are interconnected and should be considered holistically.

Please read [Core learning elements for social workers: NQSW descriptors and mandatory learning activity 2024](#) for full detail on how to meet the NQSW CPL requirements.