**Assessing your new expertise**

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| Begin by asking yourself ….  What can I now do that I could not do at the start of the placement? | |
| To help you identify this, think in terms of these categories | |
| **Skills / abilities**  Skill / ability requires the application of knowledge to perform job functions e.g. clinical reasoning, practical or cognitive capabilities, team working communication | **Knowledge**  Factual or procedural knowledge is the foundation on which skills and abilities are built e.g. anatomy of shoulder complex |
| Now, use this box below to describe what new expertise you have attained over this time period: | |
| Has your thinking about your practice changed as a result? | |