

PRACTICE LEARNING HUB

ASYE and Early Career Practice

Confidence Reflection Pack

Intended audience	Students, newly qualified social workers, ASYE practitioners and early-career social workers
Estimated time	20-30 minutes individually, or use sections within supervision
Sector	All sectors (adults and children's)
Author	Kayleigh Rose Evans
Website	kayleighroseevans.com/practice-learning-hub.html
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Intended use

This resource is for learning, reflection and discussion. It is not legal advice and does not replace local policies, statutory guidance or supervision.

Please do not discuss or record identifiable details about people, families, colleagues or live cases when using this resource.

A note before you start

Confidence is not something we are simply born with. It is something we build through support, practice and having space to learn and grow. The early years of social work are demanding, and feeling stretched does not mean you are not capable - it usually means you are learning at pace.

This pack is yours. It is not a test, an appraisal or evidence for anyone else unless you choose to share it. Be honest - that is where the value is.

Where am I now?

For each area, mark where you feel you are today on a scale of 1 (very unsure) to 10 (very confident). There is no pass mark. The point is to notice patterns and bring them to supervision.

Talking with people who use services	My score:	Notes:
Managing my workload and time	My score:	Notes:
Recording and writing assessments	My score:	Notes:
Applying legislation to real situations	My score:	Notes:
Working with other agencies	My score:	Notes:
Having difficult conversations	My score:	Notes:
Asking for help when I need it	My score:	Notes:
Looking after my own wellbeing	My score:	Notes:

Looking at my scores - what pattern do I notice?

Which one score, if it improved, would make the biggest difference to my week?

What I know / what I need

Three things I have learned since starting that I did not know before:

Three things I am still unsure about (these become supervision questions, not failures):

My support map

Who is around you? Write names or roles against each - and notice any gaps.

Someone I can ask quick questions without feeling judged:

Someone who gives me honest, constructive feedback:

Someone who reminds me why I came into social work:

Someone outside work who helps me switch off:

Supervision prompts

Take one or two of these into your next supervision:

- Here is a pattern I noticed in my confidence scores - can we explore it?
- This situation went better than I expected - can we unpack why?
- I keep avoiding this type of task or conversation - what might help?
- What do you see me doing well that I might not see myself?
- What should stretch me next - and what support comes with it?

Remember

Every experienced social worker you admire once felt exactly like this. Confidence grows through doing,

reflecting and being supported - not by waiting until you feel ready.

ASYE requirements and employer processes vary - check what your programme expects locally.

Using this with your team?

If your team, authority or university is using this resource, Kayleigh would love to hear how. Your feedback shapes future materials.

Share feedback: kayleighroseevans@gmail.com

To invite Kayleigh to deliver a live session linked to this resource, visit kayleighroseevans.com and use the speaking enquiry contact.