



Vital Skills in Befriending Support & Supervision

Assignment

Those wishing to gain the credit rating for the “support & supervision” element of the Vital Skills in Befriending Certificate will be required to successfully complete the following assignment.

Time commitment assigned to this assignment is 45hours

Credit rated at SCQF level 8, 5 credits

Participants are required to evidence their learning in this element by presenting a reflective diary of 20 supervision sessions held with volunteer befrienders.

It should demonstrate a knowledge, understanding and practical application of the learning outcomes outlined in the “support & supervision” element of Vital Skills in Befriending Certificate.

- In this diary you are asked to reflect on the skills that you used in each session, how your intervention has helped support the volunteer in their role and supervise their work.
It should include:
 - ... 20 examples of the supervisory role of support and supervision.
 - ... 20 examples of the supportive role of support & supervision.
 - ... 5 examples of problem solving.
 - ... 5 examples of motivation.
 - ... 5 examples of positive feedback. 5 examples of enabling the supervisee to reflect on their befriending relationship
 - ... 5 examples of enabling the supervisee to make future plan for their match.
- Each support & supervision session recorded in the reflective diary should include a section where you identify:
 - ... the skills you used to facilitate the session
 - ... the feelings you encountered in yourself prior to and during the session
- Each session recorded in the reflective diary should also specify how the session took place i.e. face to face, 1:1, group, telephone, email etc.
 - ... There should be at least 2 different types of session recorded:
 - ... 1 of each of these will discuss 3 advantages and 3 disadvantages of the way the session took place.
 - ... In addition 3 solutions will be posited to overcome the disadvantages.

In addition you are asked to submit a supervision agenda reflecting both the supportive and supervisory roles of support and supervision.