

## Using the University Values in PDR

### Review of the past year:

You might want to consider these questions when reviewing the past year:

How have I contributed to positive change?

How well did I collaborate with colleagues?

What have I done to involve others?

Have I listened and welcomed ideas from others?

Have I learned a new skill, improved my knowledge, or improved an existing skill?

Have I supported a colleague in need?

Have I delivered what I said I would?

What steps have I taken to look after my environment?

Have I provided constructive feedback to a colleague and thanked someone for their contribution?

Have I created trusting relationships with colleagues?

### Objective setting:

We recommend that you look at our [Values and the descriptions underneath](#) each and pick out the opportunities in your role where you may be able to demonstrate them in the coming year.

These are some of the things linked to our values that you might consider when setting your objectives:

**Creative:** Think about a current aspect or process of your work which could be more efficient if you took an innovative approach.

**Collaborative:** Think about where the opportunities are in your work to proactively involve colleagues and welcome their input to improve outcomes.

**Adventurous:** Identify opportunities in your work that will progress your knowledge and skills.

**Authentic:** Think about where there are opportunities to be open, offering constructive input and seeking feedback from colleagues.

**Responsible:** Think about a practical commitment that you could make to actively manage your health and wellbeing.