

## Professional Curiosity Checklist –

Complete the checklist and discuss your answers i.e. with a friend, a teacher or a supervisor.

My beliefs about my professional curiosity	Yes	No	May be	Indicator	What helps me to achieve this?	What gets in the way?
I am curious and inquisitive about what I see, hear, think and feel, and I look for what is missing in practice scenarios				Aware of assumptions so that I do not act on them, I actively listen, I take a holistic approach Aware of inconsistencies and discrepancies in accounts		
I try to understand the context, process and content of the information I receive				Reflect on information, Do not take things at face value, See social situations as complex, not easily resolvable		
I look for new information that may disconfirm my initial views about risk situations				Awareness of making mistakes, Acknowledge and let others know when mistakes are made, Enjoyment of learning		
I am prepared to change my mind about a person or situation				Accept things are uncertain, I am open to new information, I manage anxieties well		
I am sceptical about some things I read and hear				Look for inconsistencies and discrepancies, Seek alternative perspectives		
I respectfully challenge people's ideas if I disagree with them, or if I am unsure about them				Reflect with peers and others who help show different perspectives and provoke thinking more deeply Aware of conflict avoidance and unconscious bias. Reflect on how power and privilege play out		
I talk to influential and experienced others about the concerns and questions I have about people's behaviours and attitudes				Reflect with others who help me to see different perspectives and who provoke me to think deeply		
I refer to knowledge, research and other literature which helps me to challenge my own and others' behaviours and attitudes				Refer to learning from Serious Case Reviews Consider types of professional dangerousness		