REFLECTIVE TOOL

For participants in Mainpro+ and/or MOC Section 3 assessment credit activities.

This reflective tool is intended to be completed individually, after the learning has taken place. It may be completed with the help of the instructor. This is a reflection for your own learning and does not need to be submitted.

CPD Activity Title: _____

Date: _____   **Location:** _____

Learner Self-identified Goals

Goal 1	
Goal 2	
Goal 3	

Please respond to the following questions:

1. Describe your knowledge or skills that you felt were consistent with current evidence.

2. Describe opportunities for improvement that you have identified during the activity.

3. What learning strategies should the learner pursue to address the areas for improvement?

4. **Describe an action plan** to implement proposed improvements, including any anticipated barriers to change and how you might overcome those barriers.

5. Look at current data in your practice to ask yourself "*Is this what I would expect/want to see?*" Are there any specific changes to your practice you wish to implement? Or data you wish to track to ensure your plan is successful?