

## How to Claim Self-Learning Credits for Family Physicians: Mainpro+ Linking Learning to Teaching

Linking Learning to Teaching is a self-administered, semi-structured reflection exercise, which provides you the opportunity to earn **5.0 Certified Mainpro+™ credits**. Fill out the following form to reflect on issues or questions that arise in your practice. You may complete as many Linking Learning exercises as you like in a 5-year cycle.

You can save the information you have entered on this form at any time by scrolling to the bottom of the page and clicking on “SEND TO HOLDING AREA”. The editable, saved form will be accessible from your Holding Area and will require further action. Once you have completed the form in its entirety, click “SUBMIT”.

### Instructions

Login to your **CFPC Member page on the CFPC site**: <https://www.cfpc.ca/login/>

1. Select **Add a CPD Activity to my Record** from the left menu
2. Click **ENTER A CPD ACTIVITY** and input the following information:

Category: [Self-Learning](#)  
Certification Type: [Certified](#)  
Activity Type: [Linking Learning to Teaching](#)  
Audience: [\(Please describe\)](#)  
Setting: [\(Please describe\)](#)  
Program/Activity ID [\(Not applicable\)](#)  
Teaching Activity type: [\(Select from list\)](#)  
Duration: [\(Please describe\)](#)

3. **Feedback from Learners**

Type of Feedback: [Formal/Informal/Both](#)

From the feedback, what did you find the most useful?  
[\(Please describe\)](#)

Based on this feedback, what would you do differently for your next teaching opportunity (eg, pace of lesson, materials/articles/tools, pre-work, case studies, other)?  
[\(Please describe\)](#)

4. **Feedback from Colleagues and/or Supervisors**

Type of Feedback: [Formal/Informal/Both](#)

From the feedback, what did you find the most useful?  
[\(Please describe\)](#)

Based on this feedback, what would you do differently for your next teaching opportunity (eg, pace of lesson, materials/articles/tools, pre-work, case studies, other ([please describe]))?  
[\(Please describe\)](#)

What resources would support you in advancing your teaching in response to the feedback?  
[\(Please describe\)](#)

What will you take from this teaching experience and apply to other aspects of your practice such as clinical, research, or administrative (eg, apply case studies to reinforce learning when teaching residents in a clinical setting, use communication skills to articulate to patients their diagnosis and treatment, other)?  
[\(Please describe\)](#)

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CREDITS = 5 per exercise.