

Continuing Professional Development Reflective Exercise

This worksheet has been developed to facilitate and record evidence of reflection for any continuing professional development (CPD) activities that cannot otherwise be formally documented. These activities include but are not limited to print-based or “flat” media, e.g. journal articles, published guidelines, webinars, online rounds or podcasts. Registrants shall complete one worksheet per applicable activity, and retain worksheets for six years following completion in case of random audit.

Last name: _____ First name: _____

Middle name: _____ Former name(s) if applicable: _____

BCCNM ID: _____ Date activity completed (mm/dd/yy): _____

Length of time spent on this activity (minutes and/or hours): _____

Name of activity (provide full citation if journal article or guideline):

Why did you choose this activity?

What was the most useful/relevant information that you learned?

How will what you learned affect your practice?

How will you share your learnings with clients and colleagues?

What questions are you left with, and how will you address them?