

Reflective learning statement

Session title _____ C- _____

Date _____

What was the nature of the CET/CPD activity?

What did you learn from this session?

How will you implement this learning?

Outline any further learning or development needs you have identified as a result of completing this session. This may be for you as an individual or for your team or organisation.

Reflective learning statement

Reflection statement guidance

What was the nature of the CET/CPD activity?

- Was this a CET or a CPD (continuous professional development) session?
- What was the mode of learning? For example: Lecture, peer discussion, workshop, masterclass, online learning.
- What areas of practice did the session explore? For example: Low vision, communication skills, specialised dispensing.

What did you learn from this session?

- Describe how this activity has contributed to the development of your knowledge, skill or professional behaviours
- Was there anything specific that was new to you or made you aware of knowledge or skills gaps?
- How did this session reinforce or revisit your current practice and skills?

How will you implement this learning?

- What will you need to do to enable the knowledge and skills you have learnt from this session to be integrated into your practice? For example: update your way of working, conduct a clinical audit, explore further learning and development
- When will you action any changes?

Outline any further learning or development needs you have identified as a result of completing this session. This may be for you as an individual or for your team or organisation.

- If you have identified gaps in your knowledge or skills how can you work towards filling these?
- Can these be integrated into your personal development plan?
- What actions do you need to take to implement change personally, or within your team or organisation?