**CPD@RCOT**

Five-minute reflection: capture your learning

Use this resource to capture your thoughts so you can consolidate your learning from a formal or informal professional development event, resource or opportunity. Research shows that professional learning is most successful when you use reflection on new skills, ideas or knowledge to improve practice.

By reflecting soon after an event, you will retain your new knowledge and skills more securely. You will be more likely to remember and apply them, benefiting your professional activities and your service users. This will allow you to meet the [CPD standards required by the HCPC](https://www.hcpc-uk.org/cpd/your-cpd/our-standards-for-cpd/).

Often, considering changes to practice can feel uncomfortable. It may be helpful to review your thoughts with a critical friend or mentor or to discuss your learning in your supervision sessions.

1. **The learning event**

|  |  |  |  |
| --- | --- | --- | --- |
| Title of resource/event | Click or tap here to enter text. | | |
| Type of resource  (e.g., workshop, webinar, conference session, article, etc) | Click or tap here to enter text. | Date of access | Click or tap here to enter text. |
| Other details about the resource | Click or tap here to enter text. | | |

1. **My learning record**

|  |
| --- |
| 1. Why have I used this resource? What was I hoping to learn that will benefit my professional development? |
| Click or tap here to enter text. |
| 2. What are my key learning points from this resource? |
| Click or tap here to enter text. |
| 3. Did this resource meet my learning expectations? What questions did it raise for me? |
| Click or tap here to enter text. |
| 4. In what ways can I actively apply my learning to my professional practice? How will my learning benefit my service users? |
| Click or tap here to enter text. |
| 5. Are there any potential barriers I might need to overcome? |
| Click or tap here to enter text. |
| 6. What else might I need to do to apply this learning into my practice? |
| Click or tap here to enter text. |

**Further resources**

Broughton W, Harris G eds (2019) *Principles for continuing professional development and lifelong learning in health and social care*. The Interprofessional CPD and Lifelong Learning UK Working Group. Bridgwater: College of Paramedics. Available at:

<https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 19.04.21.

Royal College of Occupational Therapists (2021) *Career development framework: guiding principles for occupational therapy.* Second Edition,RCOT. Available at: <https://www.rcot.co.uk/publications/career-development-framework> Accessed on 19.04.21.

Royal College of Occupational Therapists (2021) *Professional standards for occupational therapy practice, conduct and ethics*. RCOT. Available at:

<https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 19.04.21

**Feedback**

Your views are important to us. Let us know what you think of this resource by sending your feedback to [prof.dev@rcot.co.uk](mailto:prof.dev@rcot.co.uk) or get in touch on Twitter @CPD\_RCOT.