**Sample Reflective Tool for Self-Assessment Program Participants**

Royal College of Physicians and Surgeons Maintenance of Competence Program

Section 3 Self-Assessment Programs

**Instructions**

Bold text with **green** font is a mandatory requirementfor Section 3 activities.

Additional questions are optional.

Name of Program/Event:

Date:

Participant name:

1. **Reflective Questions**

**Read the questions on your own and complete as part of the self-assessment program.**

**Write your responses to the following questions:**

1. **Describe the knowledge or skills that you felt were consistent with the current evidence.**
2. **Describe opportunities for improvement that you have identified from the feedback during the program.**
3. **What learning strategies will you pursue to address areas for improvement?**
4. **Describe an action plan\* to implement proposed improvements, including any anticipated barriers to change.**

**B. Section 2 study credits**

**\***The answers to the reflective questions can also be used to **create** a personal learning project (PLP). PLP is a self-initiated learning activity that is stimulated by a question, issue, or dilemma in your professional practice. As examples, PLPs can be created based on learning activities such as doing additional research and acquiring new learning/knowledge while addressing clinical or academic questions, doing research and preparation for formal teaching activities or presentations, doing research for the development and submission of a clinical scenario for inclusion in an oral examination or an MCQ or SAQ for a written examination, doing research for grant applications, writing a publication or article, addressing medical-professional administrative or systems-related questions and addressing other CanMEDS roles. More information on PLPs is found [here](https://newsroom.royalcollege.ca/moc-101-personal-learning-projects/).

**Reminder to participants**

Document your learning in [MAINPORT](https://www.royalcollege.ca/en/cpd/maintenance-of-certification-program/moc-tips-from-cpd-educators/MOC-Tip-Of-The-Month---April-2017.html).