**MOC Section 3: Example Reflective Tool for Self Assessment Programs**

Name of Program/Event:

Date:

Participant name:

**A. Section 3 study credits**

This reflective tool is intended to be completed individually, as part of a self-assessment program. Please write your responses to the following questions;

**Reflective Questions**

1. Describe your knowledge or skills that you felt were consistent with current evidence.
2. Describe opportunities for improvement that you have identified during the program.
3. What learning strategies will you pursue to address the 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 updating your knowledge to prepare a presentation, further research after reading a journal article or after participating in a point-of-care activity. They can be inspired by any aspect of your professional practice (CanMEDS Roles) and are flexible and adaptable within any learning context. A four-step guide to creating a PLP can be found here: <http://www.royalcollege.ca/portal/page/portal/rc/resources/publications/dialogue/vol15_1/plp>

**Reminder to participants**

Document your learning in MAINPORT.

<http://www.royalcollege.ca/portal/page/portal/rc/members/moc/about_mainport>