

Sample Reflective Tool for Self-Assessment Program Participants
Royal College of Physicians and Surgeons Maintenance of Competence Program
Section 3 Self-Assessment Programs
Section 2 Self-Learning Activities

Instructions

Bold text with **green** font are mandatory requirements for Section 3 activities.

Additional questions are optional.

Name of Program/Event:

Date:

Participant name:

A. 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 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 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](#).

Reminder to participants: Document your learning in [MAINPORT](#).