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.