
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

Name of Program/Event:

Date:

Participant Name:

Recommended reflective questions for Section 3 activities:

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:

Optional questions:

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:

- 1) learning activities such as doing additional research and acquiring new learning/knowledge while addressing clinical or academic questions,
- 2) doing research and preparation for formal teaching activities or presentations,
- 3) 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,
- 4) doing research for grant applications,
- 5) writing a publication or article,
- 6) addressing medical-professional administrative or systems-related questions and
- 7) addressing other CanMEDS roles.

More information on PLPs is found at:

<http://www.royalcollege.ca/rcsite/cpd/moc-program/cpd-activities-can-record-e>

Reminder to participants

Document your learning in MAINPORT at <https://login.royalcollege.ca/oamlogin/login.jsp> .