

**Sample Reflective Tool for Research Presenters**  
**Royal College of Physicians and Surgeons Maintenance of Competence Program**  
**Section 3 Self-Assessment Programs and Simulation Activities**  
**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**

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

- 1. Describe the knowledge or skills that you felt you used in creating and presenting your research.**
- 2. Describe opportunities for improvement that you have identified from the feedback you received about your presentation.**
- 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](#).

**Reminder to participants**

Document your learning in [MAINPORT](#).