

Personal Reflection



Topic:

Me

My experience of the subject prior to the learning experience:

.....

.....

Facts

How the knowledge was acquired?

.....

What was the nature of the experience or event? Explain the subject.

.....

.....

.....

Feelings

How do I feel about what was presented?

.....

Did the content challenge your practice?

.....

Continued overleaf

HCPC Standards of Continuing Professional Development

A registrant must:

- Maintain a continuous, up-to-date and accurate record of their CPD activities
- Demonstrate that their CPD activities are a mixture of learning activities relevant to current or future practice
- Seek to ensure that their CPD has contributed to the quality of their practice and service delivery
- Seek to ensure that their CPD benefits the service user
- Present a written profile containing evidence of their CPD on request



Gainsborough Healthcare Group
Life enhancing bathing.



Personal Reflection



Learning

What were my desired learning outcomes?

Where does it link in or combine with my existing knowledge?

What have I learnt from the experience?

How could this benefit my clients/patients/service users?

Conclusions

What do I need to do next?

How can I put my learning into practice in another situation?

