Professional Learning Hub

Participant Reflections

The intent of this form is to provide participants with a format to capture their reflections of their professional learning. Self-reflection is a way of thinking critically about our work with the intention to better understand the connections and relationships to existing experiences and ideas and improve our practice.

Name: Opportunity:

1. What stood out to you? Consider the key messages from this professional learning opportunity and make note of what ideas struck you as valuable or significant.

2. How did this material align with your current knowledge? Consider where this learning fits with your current understanding, and/or does it provoke or challenge your thinking?

3. Reflect on your practice environment and your role in relation to this learning. Consider what factors influence the experiences and perspectives regarding these ideas in your program.

4. How will this professional learning impact your thinking, actions, and professional discussion moving forward? What might you try in the coming days as a result of this learning?

Retain this reflection as evidence of your professional learning for you CPL Portfolio

Professional Learning Log

This form can be used to provide you with a detailed list to record your professional learning, network opportunities, study groups, book clubs, and communities of practice.

Date Topic Key Takeaway

Date	Topic	Key Takeaway