



Learning Activity Worksheet

Date: Time spent engaged in learning:

Learning Objective(s) What do you want to learn?

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Evaluation & Reflection:

Describe your learning experience. Consider the following:

- Were your learning needs met? (fully, partially, or not at all)
- What did you learn?
- How will this new knowledge influence your practice?
- Were new learning needs identified as a result of this learning experience
- If your learning objective was not fully met, what challenges or obstacles did you encounter and how may they be overcome?

Reflection Notes:

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Outcomes:

Identify which outcome(s) apply to this learning activity:

- ☐ I plan to modify my practice based on this learning project:
- ☐ I plan to pursue additional information.
If so, what information do you need to acquire?
When and how do you plan to accomplish this?
- ☐ The findings reaffirm my knowledge and no change is needed to my practice at this time.

STIMULUS

What helped you to become aware of this learning need?

- ☐ Discussion with peers or other healthcare professionals
- ☐ Managing a patient or practice problem
- ☐ Completing a self-assessment
- ☐ Receiving feedback about my practice
- ☐ Participating in a live CE program
- ☐ Completing a print or on-line CE program
- ☐ Reading Literature
- ☐ Performing research
- ☐ Teaching, serving as preceptor or preparing for presentation
- ☐ Other

LEARNING RESOURCES

What resources did you use to achieve your learning objective?

- ☐ Live CE Program
- ☐ On-line CE Program
- ☐ Blended CE
- ☐ Discussion with Colleagues
- ☐ Journals/Articles
- ☐ Research/Literature Search
- ☐ Other