



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