|  |  |
| --- | --- |
| Activity: |  |
| Date: |  |

This Assessment activity has helped me determine that my knowledge is current or consistent with current evidence. 🞏 Yes 🞏 No

I learned that I need to further explore educational content in the following area(s):

|  |
| --- |
|  |
|  |
|  |

To help address this knowledge gap, I am planning to complete additional learning in the following areas:

|  |
| --- |
|  |
|  |
|  |

Changes I am planning to implement in my practice include:

|  |
| --- |
|  |
|  |

I have compared my results with my peers: Yes\_\_\_\_ No \_\_\_\_

In reflection, I have increased my knowledge of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or I have further review to undertake by doing the following:

|  |
| --- |
|  |
|  |

I shall follow up on my progress on (date):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Please maintain a copy of this document for your records and record your hours of Section 3 credit on* [*MAINPORT ePortfolio*](https://login.royalcollege.ca/oamlogin/login.jsp)*.*

*Royal College MAINPORT will require that you answer at least* ***ONE*** *of the below questions regarding this accredited Self-Assessment Program (SAP):*

1. *What did you learn or confirm?*
2. *What additional learning are you planning to complete?*
3. *What changes are you planning to implement in your practice?*