CPD five-minute reflection: OT Week 2023

This reflection tool will help you capture your thoughts and record your learning from OT Week.

You might want to reflect on the week overall, a conversation you had with a colleague, what you took away from the Breaking barriers event and how this has prompted your learning. You can complete the tool more than once if you have lots of activities you would like to reflect on.

This template adapts the ‘What? So what? Now what?’ model of reflection (Rolfe et al. 2001). By reflecting soon after this event, you will be more likely to remember and apply new knowledge and skills, benefiting your professional activities and the people you work with. This will help you to meet the [HCPC standards of CPD](https://www.hcpc-uk.org/cpd/what-is-cpd/).

|  |  |  |  |
| --- | --- | --- | --- |
| Your name: |  | Date: |  |

|  |
| --- |
| **What?** What has prompted me to reflect? What questions have been raised for me from this year’s OT week theme? |
|  |

|  |
| --- |
| **So what?** What are my key learning points? Why is it relevant and important to me? |
|  |

|  |
| --- |
| **Now what?** What does this mean for my professional development? What do I need to do to apply this learning to my practice? How will this impact the people I work with? |
|  |

|  |
| --- |
| **Then what?** What actions might I need to take to further my learning? What additional support do I need now, or in the future? |
|  |

|  |  |  |
| --- | --- | --- |
| **Action plan** | **Date to complete** | **Date to review** |
| 1.  2.  3. |  |  |

**References**

Rolfe G, Freshwater D, Jasper M (2001) *Critical reflection in nursing and the helping professions: a user’s guide.* Basingstoke: Palgrave Macmillan.

**Feedback**

Your views are important to us. Let us know what you think of this resource by sending your feedback to [prof.dev@rcot.co.uk](mailto:prof.dev@rcot.co.uk) or get in touch on Twitter @CPD\_RCOT.