CPD@RCOT

Five-minute reflection: OT show 2023

We've created this reflection tool to help you capture your thoughts and record your learning from the OT Show. You might want to reflect on your attendance at the show overall, a conversation you had with a peer, or your learning from attending a CPD session. 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/).

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| Your name: |  | Date: |  |

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| **What?** What has prompted me to reflect? What questions have been raised for me from today’s events? |
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| **So what?** What are my key learning points? Why is it relevant and important to me? |
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| **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? |
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| **Then what?** What actions might I need to take to further my learning? What additional support do I need now, or in the future? |
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| **Action plan** | **Date to complete** | **Date to review** |
| 1.  2.  3. |  |  |

**How can RCOT support you with your CPD?**

We’re here to support you. We want to make CPD as painless as possible and to fit in with our busy working lives. We want to help you to embrace CPD as part of your lifelong learning and development, not just something you must do for HCPC. As a member of RCOT you’ll have access to several CPD activities including:

[Career Development Framework](https://www.rcot.co.uk/publications/career-development-framework)– a tool structured around four interacting pillars of practice, which supports you to identify what you already know and can do, and where you want to take your learning and development next. There are also resources to use alongside the framework.

[5-minute reflections](https://www.rcot.co.uk/bite-sized-learning) – use these on the go, to record your learning and experiences, or when you want to take a few minutes in your day to reflect on aspects of your professional development.

[Events](https://www.rcot.co.uk/events) – we run a range of engaging and exciting events for RCOT members and non-members that you can book directly [here](https://www.rcot.co.uk/events).

[EDB insights](https://www.rcot.co.uk/edb-insights-sessions) – sessions with experts and colleagues looking at equity, diversity, and belonging, and how we can learn from it.

[Virtual cafés](https://www.rcot.co.uk/virtual-placement-cafe) – there is a [placement café](https://www.rcot.co.uk/virtual-placement-cafe) and a [research café](https://www.rcot.co.uk/practice-resources/research-and-development#about-the-research-cafe) which offer space to meet with peers, share good practice, problem solve challenges and bring innovative ideas to life.

[Evidence spotlights](https://www.rcot.co.uk/practice-resources/library-resources/evidence-spotlights) – introduce relevant topics and provide key reading, selected from the evidence base, alongside CPD activities applicable to the [Career Development Framework](https://www.rcot.co.uk/publications/career-development-framework).

[Deep dive learning](https://www.rcot.co.uk/deep-dive-learning) – resources to support individuals, pairs, or small groups with self-directed learning. They are flexible in format and can be done over different time frames.

[Learning from each other](https://www.rcot.co.uk/learning-groups)– enhances learning through peer-to-peer discussion, CPD events, exchange of ideas and insights. To connect with other people who share your interests, join one of our [specialist sections](https://www.rcot.co.uk/about-us/specialist-sections/about-specialist-sections), and interact with your [regional group](https://www.rcot.co.uk/about-us/regional-and-local-groups/join-local-or-regional-group).

[Conference](https://www.rcot.co.uk/annual-conference-2022)– our flagship event which is a showcase for occupational therapy, bringing together members and non-members from across the profession.

[Library resources](https://www.rcot.co.uk/practice-resources/library-resources/about-library)– where you can access occupational therapy literature and resources including e-books, online journals and theses and databases.

**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.