**CPD@RCOT**

Five-minute reflection: capture your learning from the *Occupational therapy and play* *practice guideline* learning session.

Use this resource to capture your thoughts so you can consolidate your learning from the *Occupational therapy and play practice guideline* learning session. Research shows that professional learning is most successful when you use reflection on new skills, ideas or knowledge to improve practice.

By reflecting soon after the session, you will retain your new knowledge and skills more securely. You will be more likely to remember and apply them, benefiting your professional activities and the people who access your services. This will allow you to meet the [CPD standards required by the HCPC](https://www.hcpc-uk.org/cpd/your-cpd/our-standards-for-cpd/).

Often, considering changes to practice can be difficult. It may be helpful to review your thoughts with a critical friend or mentor or to discuss your learning in your supervision sessions.

1. **The learning session**

|  |  |
| --- | --- |
| Title of resource | Occupational therapy and play practice guideline learning session |
| Date access | Click or tap here to enter text. |

1. **My learning record**

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| 1. What are my key learning points from the *Occupational therapy and play* guideline? |
| Click or tap here to enter text. |
| 2. In what ways can I actively apply my learning to develop or improve my professional practice? |
| Click or tap here to enter text. |
| 3. How will I check on my progress in applying my learning? |
| Click or tap here to enter text. |

**Further resources**

Broughton W, Harris G eds (2019) *Principles for continuing professional development and lifelong learning in health and social care*. The Interprofessional CPD and Lifelong Learning UK Working Group. Bridgwater: College of Paramedics. Available at:

<https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 19.04.21.

Royal College of Occupational Therapists (2021) *Career development framework: guiding principles for occupational therapy.* Second Edition,RCOT. Available at: <https://www.rcot.co.uk/publications/career-development-framework> Accessed on 19.04.21.

Royal College of Occupational Therapists (2021) *Professional standards for occupational therapy practice, conduct and ethics*. RCOT. Available at:

<https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics> Accessed on 19.04.21

**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.