

REFLECTIVE TOOL

MOC Section 3 credits: Reflective Tool for Simulation Participants

This reflective tool is intended to be completed individually, after the simulation learning has taken place. It may be completed with the help of the instructor. This is a reflection for your own learning and does not need to be submitted.

Program Name:

Date:

Location:

Reflective Questions Please write your responses to the following questions:

1. Describe your knowledge or skills that you felt were consistent with current evidence.
2. Describe opportunities for improvement that you have identified during the simulation.
3. What learning strategies will you pursue to address the areas for improvement?
4. **Describe an action plan** to implement proposed improvements, including any anticipated barriers to change.

Reminder to participants

Document your learning in MAINPORT: <https://login.royalcollege.ca/oamlogin/login.jsp>

MOC Section 2 Self Learning credits

The answers to the reflective questions can also be used to create a personal learning project (PLP) in MAINPORT. A Personal Learning Project (PLP) is a self-initiated learning activity that is stimulated by a question, issue or dilemma in your professional practice. For example, PLPs can be created based on updating your knowledge to prepare a presentation, further research after reading a journal article or after participating in a point-of-care activity. They can be inspired by any aspect of your professional practice (CanMEDS Roles) and are flexible and adaptable within any learning context.