CLPNS
COLLEGE OF LICENSED PRACTICAL NURSES OF SASKATCHEWAN

Self-reflection module

Continuing Education Portfolio (CEP) Program

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Self-Reflection and its Role in the Continuing Education Portfolio

Self-reflection is the process of thoughtfully considering your thoughts, actions, and experiences. Throughout our lives, we naturally reflect on our experiences, which allows us to learn from and make sense of situations and identify areas for development. In nursing practice, self-reflection serves the same purpose; LPNs should reflect on their experiences, identifying what was effective, what was not, and what actions they may consider in the future. Self-reflection is a valuable tool for personal and professional development, and through the process, LPNs assess their practice, identify opportunities for growth, and enhance their knowledge and skills. Self-reflection in LPN practice helps LPNs to meet their professional standards of practice.

The current Continuing Education Portfolio Program (CEP) model encourages self-reflection by promoting LPNs to choose education that maintains competence or enhances their nursing practice. The CLPNS encourages and supports self-reflection by offering LPNs tools to promote their understanding while advancing their skills and knowledge through continuing education.

Self-reflection will look different for everyone, but the goal is to identify strengths and areas for development in your professional role. Being open and honest when reflecting on your nursing practice can help you understand your experiences and improve your decision-making. Once you find a reflective approach that works best for you, incorporate it into your routine. Dedicating 5 - 10 minutes to self-reflect on your practice can contribute to your professional growth and development.

BENEFITS OF SELF-REFLECTION

1. Professional Growth:
    - Self-reflection helps you understand your strengths and areas for development, supporting better client care and nursing outcomes.
2. Fulfill CEP Activity Hours Requirement:
    - Completing the self-reflection module, including related course(s) or other education, to support your practice or goals fulfils 24 formal CEP activity hours.
    - Completing the self-reflection module (steps A through D) only fulfils 16 formal CEP activity hours.

SELF-REFLECTION IN ACTION

1. Reflect on Your Practice:
    - Critically assess your practice to identify strengths and areas that need development.
    - Consider recent changes or experiences in your practice.
    - Reflect on how these experiences have impacted your practice, any challenges you faced, and how you adapted.
2. Identify Your Learning Needs:
    - Determine the areas of your nursing practice that need further development or enhancement.
    - Develop learning goals to address these needs.
3. Define Your Learning Goals:
    - Set realistic and achievable learning goals.
    - Consider the expected changes in your practice and set a timeline for achieving these goals.

4. **Describe Your Learning Activities**:
    - Outline the activities that will help you achieve your learning goals.
    - Set a timeline for each activity.
5. **Reflect on Your Plan**:
    - Continuously evaluate your plan and adjust as necessary.
    - Assess the impact of your learning activities on your practice.

NEXT STEPS

1. **Begin the Self-Reflection Process**: Start by setting aside regular time for reflection. You may use this template and the CEP program as guidance to document your reflections and goals. Self-reflection is intrinsic to nursing practice, and over time, it becomes an activity you continually engage in, both personally and professionally.
2. **Track Your Progress**: Keep a detailed record of your reflections and the steps you are taking toward your goals.
3. **Submit Your Reflection:** Submit your self-reflection documentation as part of your annual CEP requirement.

We are committed to supporting you throughout this process. If you have any questions or need further assistance, please do not hesitate to reach out to our practice department at practice@clpns.com

Self-reflection Module (16 formal CEP activity hours)

A. Identify your learning needs. (Minimum 1000 characters)

- *When you self-reflected on your LPN practice, what learning needs did you identify?*
- *What areas of your LPN practice require further development?*

Learning needs:

B. **Define your learning goals. (Minimum 1000 characters)**

Now that you've identified your learning needs, begin defining your learning goals. Consider the following:

- *What do you hope to change in your LPN practice?*
- *What do you want/need to learn to make these changes?*
- *How will the changes benefit your LPN practice?*

Learning goals:

C. **Describe your learning activities and create a learning plan. (Minimum 1000 characters)**
Consider the following:

- *How will you achieve the learning goal(s)?*
- *Can the goal(s) be met in time for the upcoming annual licensure renewal?*

Learning activities:

D. **Reflect on your plan. (Minimum 1000 characters)**
Reflect on your plan and evaluate changes to your LPN practice. Consider the following:

- *Did you achieve your learning plan?*
- *If yes, what changes did you make to your LPN practice as a result?*
- *If not, what prevented you from achieving your learning plan?*

Reflect on your plan:

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