

**UKPHR reflective note & CPD template**

This template can be used to when evidence knowledge and understanding of UKPHR standards. This is most appropriate when you have undertaken uncertified and self-guided learning.

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| Practitioner name:  |  |
| CPD activity: |  |
| Time/date: |  |
| Links to UKPHR standards: |  |

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| Why did I choose this activity for my CPD? *This focuses on how the activity relates to your learning needs as identified through reflection on your practice*  |
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**Section 1 – Knowledge**

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| What did I learn from this activity or event? *This focuses on your thoughts at the time of the activity and critically analyses any new learning that took place* |
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**Section 2 – Understanding**

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| How will I apply this learning to practice? *What action will I take as a result of this experience? What will I do differently?* |
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**Section 3 – Application**

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| How am I going to further develop the learning in future? *What skills, knowledge do I need to further develop to meet any gaps?* |
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**Section 4 – Development**

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| What evidence can I provide to support this learning activity, piece of work or experience? |
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**Section 5 – Evidence**