

# IOP Institute of Physics

## Reflection

Reflection is a way of learning from your experiences. It is an active process of reviewing your thoughts and actions and is particularly useful for capturing learning from informal or incidental activities- which form the greater part of most professional's CPD.

In recognition of this, and in order to ensure that individuals understand the outcomes of their CPD, we ask that members provide evidence of reflection for each learning activity in order for it to count towards their CPD.

For members using 'MyCPD' to record their learning, this means completing the 'reflective analysis' section for each task. Other members should ensure that their logs or portfolios are reflective in nature.

How you reflect is up to you but in assessing CPD logs (for example those belonging to members renewing their CSci status) we will be looking for evidence of the following:

- Full description of the activity
- Reasons for participating in the activity (e.g. what you hoped to gain from it)
- What has been learnt –how it has enhanced your professional competence
- How you will apply that learning.

Optionally, you may also find it helpful to consider what went well, what went less well and what you would do differently next time. You could also consider what further action is required- incorporating this into your CPD plan.

More information on reflection, and CPD generally, is available to download from the website at [www.iop.org/activity/cpd](http://www.iop.org/activity/cpd)

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