

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 'MyCareerPath' to record their learning, this means completing the 'lessons learned' and 'benefits gained' sections for each task. Other members should ensure that their logs or portfolios are reflective in nature.

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

- Full description of the activity
- When the activity took place
- What has been learnt
- What has been/will be useful about that learning (e.g. how you will be able to apply it in your work)

Optionally, you may also find it helpful to consider what went well, what went less well and what you would do differently next time (this would form part of your consideration of 'lessons learned'). You could also consider what further action is required- incorporating this into your CPD plan for future development.

More information on reflection, and CPD generally, is available to download from the website at <http://www.iop.org/membership/prof-dev>