

Example of a reflective CPD record – Teacher

Below is an example of the level of reflective detail that should be covered for each CPD activity, and you need to comment on each of the questions in bold.

Date	What CPD activity have you completed?	Learning Category (Professional Activity/ Self-Directed Learning, Formal/ Educational, Work-Based Learning/ Informal Learning)	Why did you choose this activity?	What did you learn as a result of this activity?	How did you and others benefit from carrying out this activity?	As a result of this activity, what are your next developmental steps?
Quarterly	Reading Classroom Physics	Self-directed/ informal	Enjoy reading CP, it provides a great overview of current physics teaching and thinking.	New ideas to use in classroom.	Suggested activities has helped to engage students in the classroom and developed their conceptual understanding. Also, it made me think about the different issues in physics teaching.	Keep reading CP and sharing interesting aspects with colleagues.
May 2022	Whole school training on cognitive science	Work-based learning/Educational/	This is mandatory.	The rationale behind retrieval practise interleaving etc. Personally, I am concerned that there is too much emphasis on retrieval practices in schools, rather than developing conceptual understanding.	We worked as a department to discuss how to implement techniques into our schemes of learning.	Meet with department to discuss successes and challenges, and to further improve our practices.
Ongoing	Sit on a working group for Inclusive learning.	Professional activity	To look at reducing barriers for all students.	It has made me reflect on my own practice and think carefully about the language I use and how I interact with my students.	This group is working to improve the whole school culture to make both students and staff feel valued and supported.	We have developed an action plan and will review and refine as we try and implement changes.

June 2022	Attended local heads of science meeting	Professional activity/self-directed	To discuss current issues in science teaching with peers from other schools.	Some useful ideas from other schools about what's working well. Reflected and discussed how we can reduce teacher workload.	Really nice to have a chance to share with other people. Ideas I contributed were well received.	Start to discuss ideas with department. Continue to attend future meetings.
Half-termly	Attending Physics Educational Research (PER) club – online sessions	Informal/self-directed	Regular at the PER club online sessions. The topics are excellent and there are eye-opening discussions which raises my awareness of the different issues. Carole disseminates relevant physics educational research in an accessible way.	I've found these sessions enlightening and provides me with an opportunity to reflect on my current practises.	Wonderful to have the opportunity to deeply explore issues such as literacy, maths skill and cognitive science with other physics teachers	Continue to attend.
July 2022	Parent governor at primary school	Volunteering	Gain better understanding of decisions made and limitations within primary schools. Support my own child's education through contributing to the running of the school.	Getting to see things from a school management perspective.	I sit on the curriculum working group and particularly try and push science education in the school.	No further action.