



# Q & A: The Learning Log

**Q. What is the purpose of the learning log?**

**A.** The learning log is a way to record annual learning related to SMART learning goals as well as *other* learning. Critical reflection is an important component of the learning log, as this allows the dietitian to reflect on their learning and identify areas of professional growth.

**Q. Should I include all learning activities in the learning log?**

**A.** It is not necessary to include all learning activities in the learning log. It is important to document all learning related to your learning goals in addition to learning related to *acting as a reliable source for current food and nutrition information*. It is also important to document *other* learning that you feel impacted your professional development.

**Q. Why is it necessary to link all learning with competency goal #1, #2 or other?**

**A.** For auditing purposes, this practice assists the NSDA to review the education and critical reflection related to each competency goal.

**Q. As a dietitian, I realize that I am accountable for being up to date and competent in my practice, but what is the purpose of completing and submitting the learning log to NSDA?**

**A.** As a self-regulated profession, NSDA has a responsibility to ensure all members are competent dietitians. The learning log is a tool where dietitians record learning activities and offer critical reflection which enables the NSDA to ensure there is ongoing learning and professional development in a dietitian's area of practice.

**Q. My submission feedback indicated that some entries in the learning log were not learning activities. I feel a great deal of learning occurs when I attend work-related meetings. Why are meetings not considered learning activities?**

**A.** Meetings and other daily work duties are acceptable entries in a learning log if new learning occurred. If a meeting or another daily work duty is entered in the learning log, be sure to include critical reflection and describe impact on practice to enable the auditor to identify that new learning has occurred.

**Q. What should I include in the learning outcome section of the learning log?**

**A.** Each learning log entry should include a brief description of the learning activity, identify whether knowledge was gained or enhanced and the outcome of the learning. An example of a learning log entry is below.

***Please contact Practice Advisor Amanda Connors if you have questions at [aconnors@nsdassoc.ca](mailto:aconnors@nsdassoc.ca)***

Date	Learning Activity	Related to	Learning Outcome
June 21 2015	Attended a budget meeting with department managers	<input checked="" type="checkbox"/> Goal #1 <input type="checkbox"/> Goal #2 <input type="checkbox"/> Other	A chartered accountant attended today's budgeting meeting to assist with the development of departmental budgets. I now have a better understanding of financial reports and will be able to better monitor expenses within my department.