



Critical Reflection as a Learning Activity

Example Learning Log Entry

Date	Learning Activity	Goal	Outcome of Learning
1/10/16	Critical reflection on my performance review	<input type="checkbox"/> Goal #1 <input type="checkbox"/> Goal #2 <input checked="" type="checkbox"/> Other	I now realize how peer review can impact my practice and will seek peer feedback when developing my learning goals each year for the CCP.

A critical reflection can take the format of any one of the tools in [Tools for Critical Reflection](#) (e.g. journaling, Brookfield's Four Activities or the Question Process), and be stored in the dietitian's professional portfolio.

Critical reflection using the Question Process

Experience	I met with my manager for my annual performance review. We compared the peer review results with my self-assessment results.
Feelings	I was defensive about the feedback my peers provided.
Evaluation	My peers indicated that I rarely participate at meetings.
Analysis	I regularly prepare for meetings but acknowledge that I am not very vocal. I am quite introverted, actively listen and prefer to express my comments in one-on-one discussions.
Learning	I realized that how others perceive my participation at meetings is very different than how I intend to come across. This experience has led me to value the peer review process because I can recognize how others perceive my strengths and limitations. My plan is to contribute more at meetings.