Setting up your My CCP for the year

As you are setting up your goals and learning activities for the year ahead consider the following:

Have you ensured the content of your learning goals is appropriate for your area(s) of dietetics in which you currently practise?

Have you developed your goals around each learning category including continuing competence, practice review and cultural development?

Are your goals SMART? **Specific, Measurable, Achievable, Relevant, Timely**

Is your current work experience, length of time in this work and level of experience congruent i.e. consistent, with the goals, learning activities and credits you have assigned to them?

- The **beginner practitioner** will be enhancing her/his application skills in a broad way, consolidating their knowledge base, taking learning activities at every opportunity and seeking feedback.
- The **dietitian who has a moderate level of experience**, working in a non-specialist situation, will maintain knowledge across a broad range of issues, fostering excellence and professionalism.
- The **dietitian who has considerable experience** and works in a focused area will be expected to take on leadership or expert practitioner roles, contributing to the development of new knowledge and research.

Helpful tips for planning and reflecting on your continuing competence/professional development activities

When you consider and write your goals each year think about:

- What do I want to change or develop?
- How will I do it?
- When will I do it?
- How will I demonstrate that change or development has happened?

Then when you reflect:

- What new knowledge or skills did you acquire?
- What was something important that you learnt from the topic?
- As a result of what you learnt what will you change in your day to day practice and how will you implement the new learning into your daily practice?
- How would you be able to prove that you have actually changed your practice if audited on the changes you said you would make?
- What do you still need to learn?