

Self-Assessment Program—Reflective Tool for Participants of the Royal College of Physicians and Surgeons of Canada Maintenance of Certification Program

Volume, Issue Number, and Name of *Continuum* Issue/*Continuum* Audio Interview:

This reflective tool is for the personal use of participants to identify deficiencies and develop a learning plan.

1. After completing this *Continuum* issue/*Continuum* Audio interview I believe that:

My knowledge or skills are up-to-date or consistent with current evidence

There are specific areas that require improvement

If further learning is required:

2. I require improvement in the following specific areas:

3. I plan to use the following learning strategies in my learning plan (see the Royal College of Physicians and Surgeons of Canada Maintenance of Certification Program Framework of Continuing Professional Development Activities for information on types of activities and potential credit ratings at <http://www.royalcollege.ca/rcsite/cpd/moc-program/moc-framework-e>)

4. My learning plan consists of the following activities: