**CPD 101 Exercises**
*This form does not need to be submitted*

**Exercise #1**

3–5 minutes

♦ What was the last memorable CE activity you attended?

♦ Why was it so valuable?

♦ What type of educational methods do you typically enjoy or learn the most from?

♦ Describe your ideal educational activity.

♦ How do you keep up with the professional literature?
Exercise #2

♦ What was the most recent CE activity you attended?

♦ Name three things you learned.

1.

2.

3.

♦ Name one thing you did as a result of what you learned.

Exercise #3

♦ What knowledge and skills do you want or believe you need to improve your current pharmacy practice?
Exercise #4

♦ What common disease states or medical problems do your patients present with (list top 3 to 5)?

1.

2.

3.

4.

5.

♦ What drug information questions do you regularly receive from patients or physicians?

♦ Break-down your day by percentage of time spent on activities, such as:

   Direct patient care _____  Dispensing _____  Management _____
   Program Management _____  Marketing _____  Other _____

♦ What professional services do you currently provide at your pharmacy practice?

♦ What professional services do you want to provide?
Exercise #5

✶ Identify and list two or three potential learning needs or opportunities for your pharmacy practice

1.

2.

3.

Exercise #6

✶ Select one of the needs identified in the Reflection Exercise #5

✶ Write a SMART learning objective that describes what you want to learn. 
  S=Specific, M=Measurable, A=Achievable, R=Relevant, T=Timed

✶ Identify resources you would need to achieve this.
Exercise #7

♦ Based on the learning objective developed and the resources identified in Exercise #6, how would you evaluate:

♦ the extent to which you achieved the objective

♦ the impact of your learning

♦ what you might want or need to do next