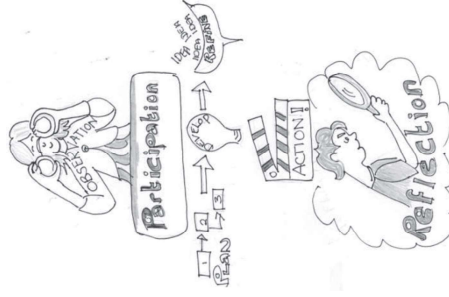


In a nutshell

This feature covers the essentials relating to the start of your professional journey and will help you to think about applying it to your own practice. This resource can be photocopied and used as a revision tool or a prompt for discussion with your peers.

Models of CPD

A key part of CPD is understanding what you want to get out of it. The following model (adapted from Girvan *et al.* 2016) suggests a starting point of observation of learners, followed by participation (in order to 'live' the learning experience), then planning, developing and refining ideas for action. This model concludes with reflection on action to consider any further developments.



Putting it into practice

Identify a CPD course that you are going to attend in the near future, then go through the steps below:

1. Identify the objectives that you are trying to achieve.
2. Go on the course and try out the techniques or resources that you are going to be using. Think about it from the perspective of the student – what are the strengths, weaknesses, problems?
3. Apply the CPD lessons in your own classroom and see how it works. Remember to get feedback as you go along.
4. Reflect on the success (or otherwise) of the CPD.
5. Refer back to the original objective to see if it has been achieved.

If this works for you, use the same approach in the future.

Source: Girvan *et al.* (2016).