**Examples of CPD activities**

This list aims to give you an idea of the types of activities that could make up your CPD, to reflect a mixture of learning activities. The list is not exhaustive and should only act as a guideline.

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| **Type of CPD activity** | **Examples** |
| Work-based learning | Learning by doing – gaining and learning from experienceReflective practice Case studiesReviews with colleagues Peer reviewIn-service training Supervising staff or students Project work |
| Professional activities | Involvement in a professional body Membership of specialist interest group Lecturing or teachingMentoringPresenting at conferences Supervising researchBeing an examiner/assessor |
| Formal/Educational | Attending professional courses/conferences Further educationInvolved in research Writing articles or papersPlanning or running a professional course Developing professional resources |