**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 experience  Reflective practice Case studies  Reviews with colleagues Peer review  In-service training Supervising staff or students Project work |
| Professional activities | Involvement in a professional body Membership of specialist interest group Lecturing or teaching  Mentoring  Presenting at conferences Supervising research  Being an examiner/assessor |
| Formal/Educational | Attending professional courses/conferences Further education  Involved in research Writing articles or papers  Planning or running a professional course Developing professional resources |