

Welcome to the webinar:
**Writing Goals for
Self-Directed Learning (SDL)**



Honouring the traditional territories



Session Overview

- Explore guiding questions to reflect on your professional learning for the Self-Directed Learning (SDL) Tool
- Review writing SMART goals
- Explore the new resources: SMART Goals Writing Template and Writing Guide





**QUALITY
ASSURANCE**



**SELF-DIRECTED
LEARNING (SDL) TOOL**

<https://www.collegeofdietitians.org/programs/quality-assurance/sdl.aspx>

<https://www.collegeofdietitians.org/programs/quality-assurance.aspx>



College of Dietitians of Ontario

Poll Question 1

What does the Quality Assurance Program assure (do)?

- a) Dietitians remain employed
- b) Dietitian knowledge, skill and judgment remains current
- c) Dietitians renew their memberships



Poll Question 1

What does the Quality Assurance Program assure?

- a) Dietitians remain employed
- b) Dietitian knowledge, skill and judgment remains current**
- c) Dietitians renew their memberships



Poll Question 2

What is Self-Directed Learning (SDL)?

- a) A strategy that is guided by an organization
- b) A strategy that allows individuals to take initiative of their learning
- c) A strategy that doesn't involve critical thinking and reflection



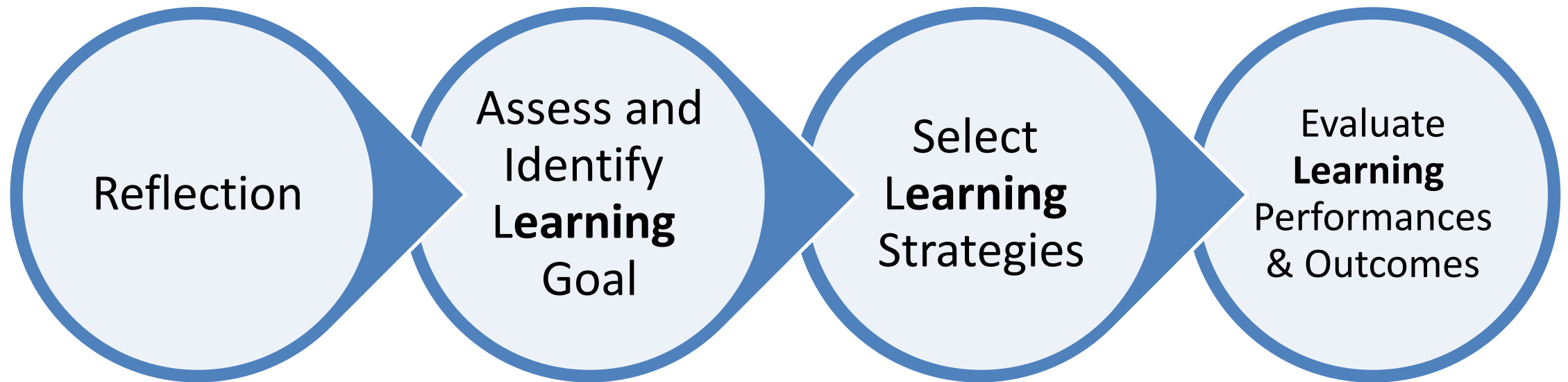
Poll Question 2

What is Self-Directed Learning (SDL)?

- a) A strategy that is guided by an institution
- b) A strategy that allows individuals to take initiative of their learning**
- c) A strategy that doesn't involve critical thinking and reflection



Self-directed Learning



Self-Directed Learning (SDL) Tool



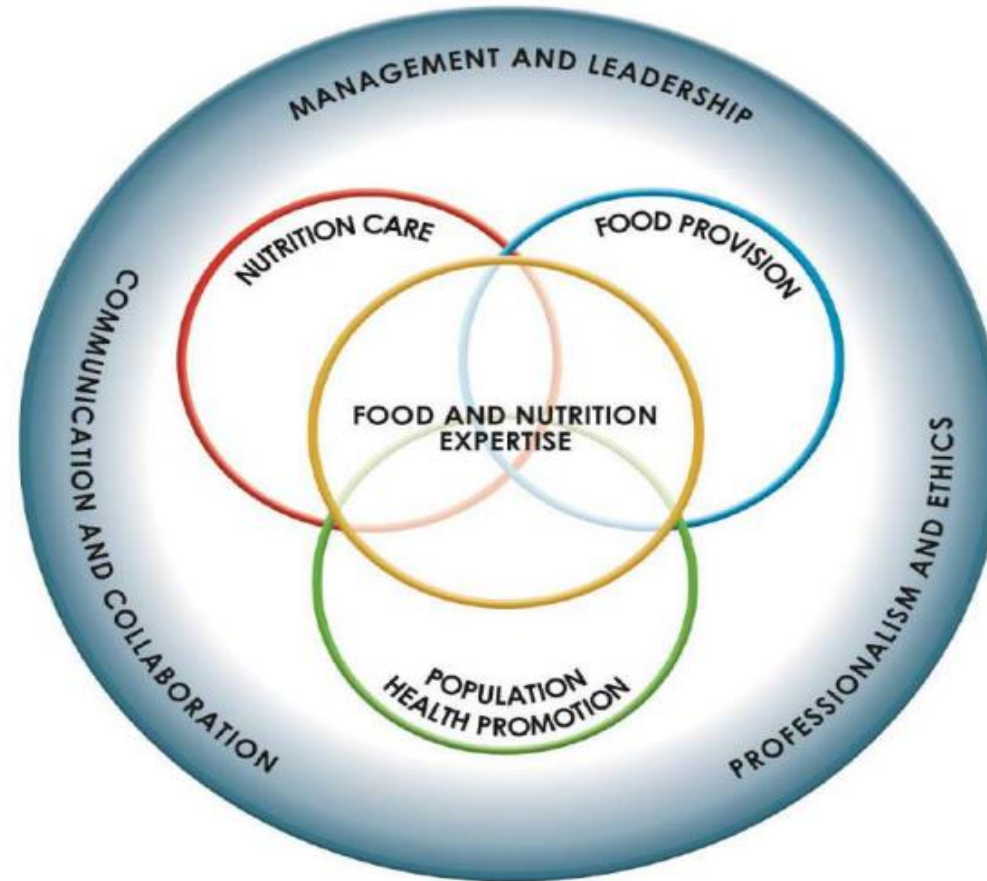
Step 1: Reflect and make a list



Reflection is
part of our
professional
obligations



Step 2: Competency-Based Self-Assessment

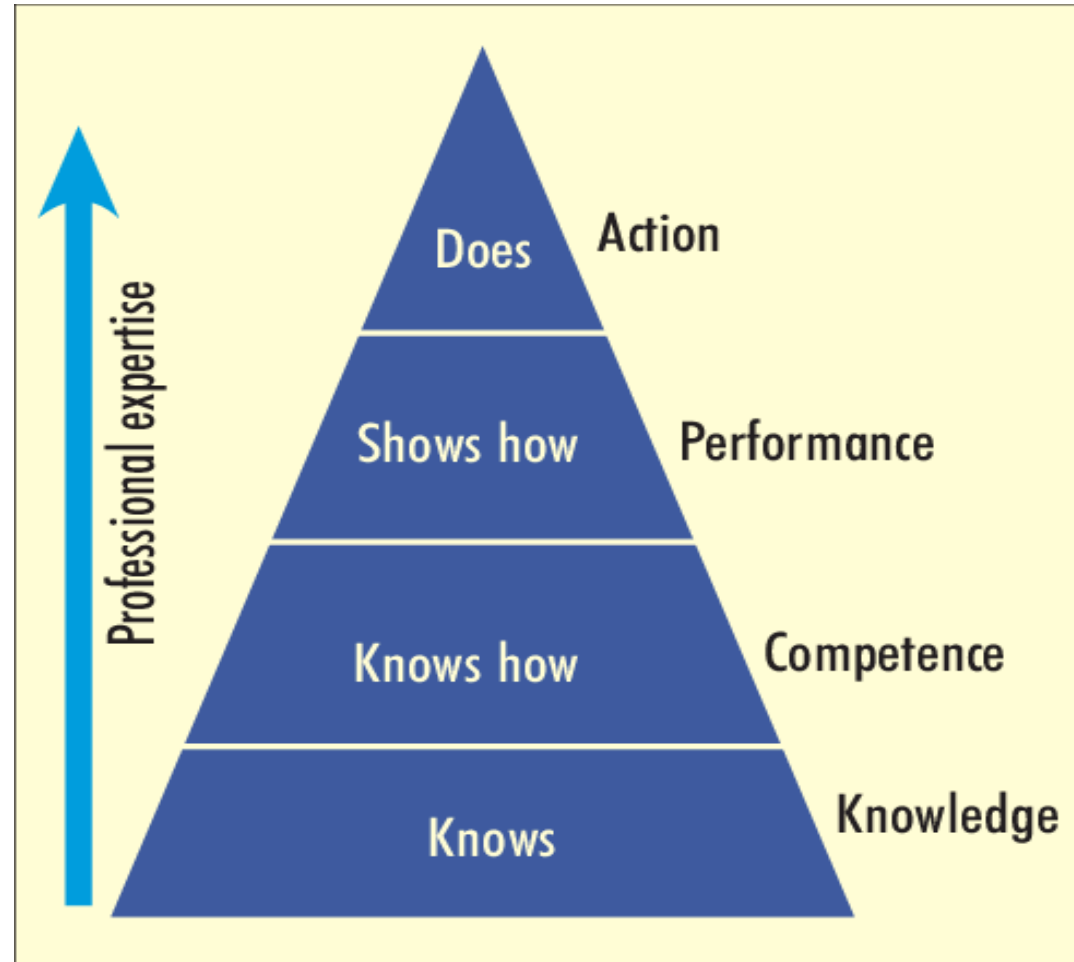


[INTEGRATED COMPETENCIES FOR DIETETIC EDUCATION AND PRACTICE \(ICDEP\)](#)



College of Dietitians of Ontario

Learning Goals



Step 3:

Identify learning goals vs. performance goals



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Work Task Goals

- Write a blog
- Develop a policy
- Publish a paper
- Use new equipment
- Implement electronic record keeping

Process Task Goals

- Join /chair a committee
- Lead a project

Activity Focused Goals

- Attend a conference
- Pass an exam



Poll Question 3

What are SMART Goals?

- a) Specific, monitored, achievable, relevant and time-bound
- b) Specific, measurable, attainable, results oriented and time-bound
- c) Specific, material, attainable, results oriented and time-bound



Poll Question 3

What are SMART Goals?

- a) Specific, monitored, achievable, relevant and time-bound
- b) Specific, measurable, attainable, results oriented and time-bound
- c) Specific, material, attainable, results oriented and time-bound



SMART Process Leads to SMART Goals



Learning Goals Should Be Easy To Understand



What are SMART goals?

Specific and Strategic
Measurable
Attainable
Relevant/Results Oriented
Time-bound

SMART Goals are Outcome Focused to Achieve Learning



SMART Learning Goals include all 5 Elements

Goals can **vary in strength**
depending on how well you follow
the **SMART** goal elements



New Template

STEP 1: LEARNING GOAL (Please avoid abbreviations. The use of plain language is preferred).

Specific & Strategic – My learning goal is to increase my knowledge or skill of _____

Relevant/Results Oriented – This new learning applies to my practice because _____

Time-Bound - I will achieve this learning by _____

STEP 2: ACTION PLAN (align to learning goal)

Measurable - I will know that I have accomplished my learning by the following outcome measures:

Attainable - I can accomplish my learning goal by doing the following 3-4 actions _____



Use the SMART elements

1. Is it Specific? (Who? What? Where? When? Why?)

2. Is it Measurable? (How will I measure progress? How many? How much?)

3. Is it Attainable? (Can this really happen? Is it attainable with enough effort? **What** steps are involved? Where will it happen?)

4. Is it Relevant and Results Oriented? (**What** knowledge, skills, and abilities are necessary to reach this goal?)

5. Is it Time-Bound? (Can I set fixed deadlines? **What/When** are the deadlines?)



Step 4: Write your learning goal SMART

Scenario 1

<p><u>Specific</u> : Focuses on clearly individualized, specified learning to be achieved.</p>	<p>I will expand my knowledge and application of research methods</p>
<p><u>Relevant/Results Oriented</u> – Produces an "endpoint" change in learning which can be defined and sustained.</p>	<p>so that I can evaluate the most recent studies related to cannabis and its effect as an appetite stimulant</p>
<p><u>Time-bound</u> - What are your timelines for achieving your learning goals?</p>	<p>By June 2022</p>



Add an Action Plan

Attainable - Limited to strategies and activities that can be expected within the context and time frame of the goal.

Complete statistics course by Dec 30
Complete "Research Methods" course by Dec 30
Form working group and critically evaluate recent cannabis studies by March 31.

Measurable - Able to be demonstrated by observable and specific improvement in learning.

Obtain feedback from working group on analysis of articles reviewed by May 2022.



Step 5: Use the Cross-Check Criteria

Requirements for the Goal:

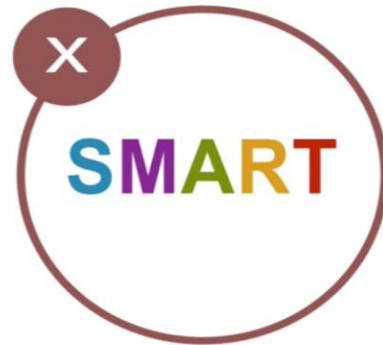
Criteria	Yes	No
Is the goal related to dietetic practice?		
Does the goal impact/improve either knowledge or quality of practice?		
Are there any learning outcomes identified?		
Will the goal increase professional competency?		
Does the action plan align with the goal?		



Scenario 2

Example:

I want to mentor interns.



This goal, “I want to mentor interns” has many problems with it. It doesn’t include the 5 SMART elements.



Reflection

What skills do you need to acquire to mentor interns?

What LEARNING do I need to facilitate this task?



(Who? What? Where? When? Why?)

Specific:

What will impact or improve knowledge or quality of practice? Think about the outcome.

The Outcome

More than improved communication (need to identify area of communication)

Example: *My learning goal is to improve my knowledge of the principles of active listening skills.*



Relevant/Results Oriented

For the goal to be relevant, it must be a skill that helps your practice or improves your dietetic competency

Example: *This new learning applies to my practice, as it will enhance my active listening and interpersonal skills with interns.*



Time-Bound

Consider timeframe of what you will do to ensure learning and continuous improvement

Example: *I will achieve this learning by July 31, 2021.*



Next, add your action plan

Attainable: How will you determine if you have met this goal?

The goal must be attainable. If you must complete a course to acquire these skills and you have no financial support or budget - this is not attainable.

Example:

I can accomplish my learning goal by doing the following:

Complete the SkillPath 'Active Listening Seminar' by Feb 28, 2021.

Read 3 journal articles on active listening by March 15, 2021.

Review CDO Resources regarding supervising learners by March 30, 2021.



How will you measure progress? How to demonstrate learning has occurred?

“The how” - How will you measure success? e.g., we might demonstrate skills gained from completing a course, reading and critiquing journals, and practicing/getting feedback

Example:

*I will obtain feedback from Interns regarding my coaching by June 30, 2021.
I will utilize their feedback to ensure continuous improvement by July 31, 2021.*



SMART Learning Goal

Learning Goal

Example:

I will improve my active listening skills so that I can enhance my communication with interns. I will utilize their feedback to ensure continuous improvement by July 31.

Action Plan

Example:

- *Complete the SkillPath 'Active Listening Seminar' by June 30.*
- *Read 3 journal articles on active listening by July 15.*
- *Obtain feedback from Interns regarding my coaching by June 30.*
- *Review CDO Resources regarding supervising learners by July 31.*



Do the SMART Cross-Check

Specific

Focus on clearly specified learning outcomes - will improve my active listening skills

Measurable

Demonstrate improvement in learning - Action Plan: demonstrate skills gained from completing a course, reading and critiquing journals, and practicing/getting feedback

Attainable

Action Plan: specific “how to” - how you get there? Does the action plan align with the goal?

Relevant/Results Oriented

Produce an “end point” change in learning which can be defined, measured, and sustained - enhance my communication with interns- utilize their feedback

Time-Bound

Ensure results are bound by an explicit and manageable timeline – improvement by July 31



Do the Criteria Cross-Check

Requirements for the Goal:

Criteria	Yes	No
Is the goal related to dietetic practice?		
Does the goal impact/improve either knowledge or quality of practice?		
Are there any learning outcomes identified?		
Will the goal increase professional competency?		
Does the action plan align with the goal?		



Scenario 3

I want to keep up with my learning while on leave.

This goal is not likely going to be achieved without more thought about how it can be achieved, and without an action plan in place to get there.

Turn this into a SMART goal.



I want to keep up with my learning while on leave

Template:

What is your learning goal?

1. Is it Specific? (Who? What? Where? When? Why?)

My learning goal is to increase my knowledge or skill of _____

2. Is it Measurable? (How will I measure progress? How many? How much?)

Action Plan - I will know that I have accomplished my learning by the following outcome measures:

3. Is it Attainable? (Can this really happen? Is it attainable with enough effort? What steps are involved?)

Action Plan - I can accomplish my learning goal by doing the following 3-4 actions _____ (give the timeline)

4. Is it Relevant and Results Oriented? (What knowledge, skills, and abilities are necessary to reach this goal?)

This new learning applies to my practice because _____

5. Is it Time- Bound? (Can I set fixed deadlines? What are the deadlines?)

I will achieve this learning by _____

SMART Learning Goal Template

Learning Goal

My learning goal is to increase my knowledge and skill of *unconscious bias*, including practical steps to act with cultural humility.

This new learning applies to my practice because *I can act with culturally humility, equity and fairness when interacting with clients. I will achieve this goal by June 30, 2022.*



Action Plan

I can accomplish my learning goal by doing the following 3-4 actions_____

- *I will participate in a 2.5-hour online unconscious bias workshop by the end of January 2022.*
- *I will review articles on unconscious bias from peer-reviewed journals by March 2, 2022.*

I will know that I have accomplished my learning by the following outcome measures:

- *I will write a reflective paper about how to implement unconscious bias, after the workshop to share with team members when I return to work.*
- *I will initiate and facilitate discussion and further share my learning with my colleagues to collaborate on implementing anti-racism practices in our work.*



Do the Criteria Cross-check

Requirements for the Goal:

Criteria	Yes	No
Is the goal related to dietetic practice?		
Does the goal impact/improve either knowledge or quality of practice?		
Are there any learning outcomes identified?		
Will the goal increase professional competency?		
Does the action plan align with the goal?		



Scenario 4

I want to learn about virtual teaching during the pandemic.

During the COVID-19 pandemic, which started in March 2020, all in-person classes needed to be converted to virtual instruction online at the university.

Turn this into a SMART goal...



I want to learn about virtual teaching during the pandemic

Template:

What is your learning goal?

1. Is it Specific? (Who? What? Where? When? Why?)

My learning goal is to increase my knowledge or skill of _____

2. Is it Measurable? (How will I measure progress? How many? How much?)

Action Plan - I will know that I have accomplished my learning by the following outcome measures:

3. Is it Attainable? (Can this really happen? Is it attainable with enough effort? What steps are involved?)

Action Plan - I can accomplish my learning goal by doing the following 3-4 actions_____ (give the timeline)

4. Is it Relevant and Results Oriented? (What knowledge, skills, and abilities are necessary to reach this goal?)

This new learning applies to my practice because _____

5. Is it Time- Bound? (Can I set fixed deadlines? What are the deadlines?)

I will achieve this learning by_____

SMART Learning Goal Template

Learning Goal

Example:

My learning goal is to increase my knowledge and skill of *new video-conferencing software and proven teaching techniques to effectively engage students in a virtual environment for their placement preparation.*

This new learning applies to my practice because *I will use new technologies to adapt my original in-person course material to virtual teaching. I will achieve this goal by June 30, 2022.*



Action Plan

I can accomplish my learning goal by doing the following 3-4 actions_____

- *I will participate in training sessions offered by the University to maximize the use of Zoom, MS Teams, and possibly Adobe Connect, and to better use the tools in Brightspace (Virtual Campus).*
- *I will consult with the University's Teaching and Learning Support Services for ideas on interactive teaching activities.*
- *I will review the Information and Privacy Commissioner's Virtual Care Guidelines.*

I will know that I have accomplished my learning by the following outcome measures:

- *I will collaborate with my peers in sharing mutually beneficial ideas. I have subscribed to the University's forum 'Teaching & Learning Community' platform.*
- *I will survey to obtain the students' feedback at the end of every semester. When: Fall 2021, Winter and Fall 2022 semesters.*



Do the Criteria Cross-check

Requirements for the Goal:

Criteria	Yes	No
Is the goal related to dietetic practice?		
Does the goal impact/improve either knowledge or quality of practice?		
Are there any learning outcomes identified?		
Will the goal increase professional competency?		
Does the action plan align with the goal?		





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<http://www.pixabay.com/>

Resources

- **NEW - Guide on how to write a SMART Goal**
- **NEW – SMART Goal Writing Template**
- **Criteria for Review**
- **Video: Writing Professional Goals**
- **Examples of SMART Goals: Direct Patient Care; Non-Client Care**

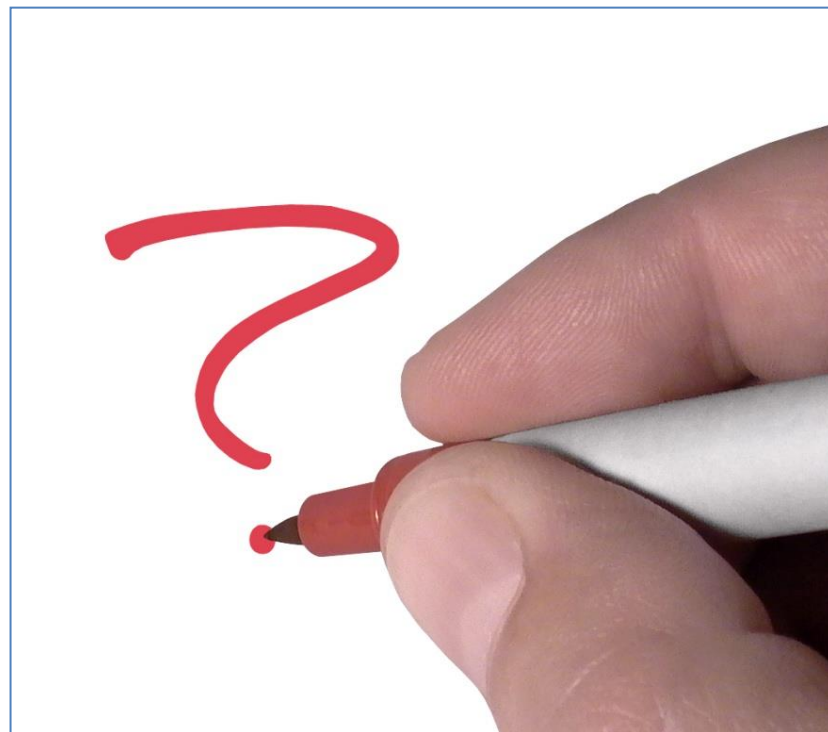




Evaluate & **R**eview



Questions





**Please do not hesitate to contact us at the
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