

## SELF-ASSESSMENT OF UPGRADING NEEDS AFTER SECOND FAILURE OF THE CANDIAN DIETETIC REGISTRATION EXAMINATION (CDRE)

### STEP 1:

Review your previous CDRE performance reports. Identify the cognitive domains and competency categories where your performance was lower and/or you performed lower than the national performance average.

Performance Area	Lower Performance (Yes/No)	Your Performance	National Performance
<b>Cognitive Domains</b>			
Analyze, interpret, and apply knowledge			
Demonstrate broad knowledge			
Demonstrate comprehension			
<b>Competency Category</b>			
Food and Nutrition Expertise			
Professionalism and Ethics			
Communication and Collaboration			
Management and Leadership			
Nutrition Care			
Population Health Promotion			
Food Provision			

**STEP 2:**

Reflect on your level of dietetic knowledge and the extent to which you have integrated this knowledge. Consider if there are areas of dietetic knowledge and practise you have found particularly difficult in your dietetics training program, practise experience, in preparing for the CDRE, or in the CDRE exams you have previously taken. When it comes to identifying areas to improve upon, you are often the best source of information.

Dietetic Knowledge & Practise Difficulty Area	*ICDEP Practice Competencies and Associated Performance Indicators	Reflections/Comments

\*[Integrated Competencies for Dietetic Education and Practice](#) (ICDEP, 2020).

Note: Add more rows to table as required.

**STEP 3:**

Discuss and confirm your strengths and areas to improve with others that you trust and believe can provide you with accurate feedback (e.g., educators, supervisors, peers, and colleagues). This will help you to identify the areas to focus on when developing and completing your action plan for upgrading.

**STEP 4:**

Based on what you identified in STEPS 1-3, draft your action plan in the template below. Upgrading activities may include (but are not limited to) academic courses, self-study, case studies, simulation, and/or supervised practical training.

## Action Plan for Upgrading After a Second Failure of the CDRE

Upgrading Activity Description (include supervisors, as applicable)	Time Frame	Learning Outcomes: Concepts and Implications for Future Dietetic Practice Learned from the Upgrading Activity	ICDEP Practice Competencies and Associated Performance Indicators Aligned to your Specific Learning Outcomes	Evidence of Completion

Note: Add more rows to table as required.