

Self-Directed Learning Tool

Sample SDL Tool Learning Goals, Client Care

Learning Goal:

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:

Complete the SkillPath 'Active Listening Seminar' by Feb 28
Read 3 journal articles on active listening by March 15
Obtain feedback from Interns regarding my coaching by June 30

Learning Goal:

Increase my knowledge of the proper treatment of gestational diabetes. This will enable me to counsel women newly diagnosed with gestational diabetes by March 15

Action Plan:

By Nov 30, engage a colleague to act as a mentor as I gain expertise with this patient population.
By Dec 15, read the current literature in the treatment of Gestational Diabetes.
By Jan 15, attend a Gestational Diabetes class at my local Diabetes Education Centre.
By Feb 28, have mentor observe me conducting a Gestational Diabetes class and obtain feedback.

Learning Goal:

While on maternity leave I will investigate sources of pop culture nutrition to increase my awareness of this literature. This will help me in understanding my clients' perspectives and enable me to help them sort out the reliable from non-reliable sources. I will complete this goal by September 30.

Action Plan:

Read at least 1 popular/pop culture nutrition related article per month by Sept 30
Develop a patient reading list of sound nutrition information by Sept 30

Learning Goal:

As part of my course work in obtaining my Masters in Nutrition, I will expand my knowledge and application of research methods so that I can evaluate the most recent studies related to Phytosterols and their effect on lipid levels by June.

Action Plan:

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

Learning Goal:

By Feb 28, improve charting skills (in long term care) to ensure compliance with the requirements of the Ministry and enhance inter-professional communication.

Action Plan:

Review Ministry Charting guidelines by Oct 30
Organize a lunch and learn to discuss optimal charting by Nov 30
Ask Manager to audit 10 charts by Jan 15
Request a random chart audit by August 31 to ensure continuous quality improvement