



Canadian Society of Otolaryngology - Head and Neck Surgery /  
Société canadienne d'oto-rhino-laryngologie et de chirurgie cervico-faciale

### **CSO-HNS Personal Learning Project (PLP) for Group Learning Activities**

Maximize your learning and claim two credits/hour spent on your PLP in Section 2 - Self-Learning Activities. PLPs can be developed for both accredited and non-accredited group learning activities. If you are attending an accredited group learning activity, these Section 2 credits are in addition to the Section 1 – Group Learning Activities credits. Download or print out this template prior to the activity.

**Group learning activity:**

**Date:**

**Location:**

#### **Step 1**

**What type of learning project are you developing? Select one:**

- Addressing clinical or academic question(s) across the CanMEDS framework?
- Preparation for formal teaching activities?
- Development of research activities?
- Addressing medical-professional administrative or system-related questions / issues?
- Addressing a specific need(s) to your practice?
- Enhancing your awareness of new evidence relevant to your practice?

**Other:**

#### **Step 2**

**Pre-activity planning to develop your PLP**

- Review the activity's learning objectives and the description of the activity
- Read any pre-circulated material
- Access other relevant resources

#### **Step 3**

**Identify your question**

- What are you trying to find out?
- What question(s) do you need answered?



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Step 4

**Attend the group learning activity**

- Participate in relevant specific session(s)
- Learn with intent
- Discuss your question(s) informally with colleagues before, during and after the activity

Step 5

**What is your conclusion/outcome? Please respond to at least one of the following:**

- What did you learn or confirm?

- What additional learning are you planning to complete?

- What changes are you planning to implement in your practice?

Step 6

**Document your PLP in MAINPORT**

- How many hours did you spend participating in this activity? Remember to include your pre-activity planning time
- **Log in** to MAINPORT and enter your PLP information in Section 2 - Self-Learning Activities
- You can save this document to upload to MAINPORT for personal use (supporting documentation is not required for credit validation)