

## D. Optional

Activity	Details of activity How did you change your practice as a result?	Colleague's comments and sign-off
Self-directed learning programmes and learning diaries		
Assessments designed to identify learning needs in areas such as procedural skills, diagnostic skills, knowledge Journal reading		
Teaching		
Committee meetings with educational content, such as guideline development		
Examining candidates for College examinations		
Supervision, mentoring others		
Publications in medical journals and texts		
Research		

MCNZ office use

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