

## Personal Reflection

### Commitment to Change

*The purpose of this form is to provide an opportunity for personal reflection on your goals and commitment to change your practice behavior based on your participation in this activity.*

*Commitment to Change is a central feature of adult learning that has been shown to be effective in enhancing learning outcomes and predict actual change in practice (Lockyer, et. al. 2005<sup>1</sup>).*

*Following the completion of this form, we will follow-up with you by e-mail within 1-2 weeks to provide you with a copy of your responses. We will re-contact you approximately 3 months following the activity to assess the status to intended changes and identify any barriers to implementation.*

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**As a result of attending this activity, I will implement the following 2-3 changes into my practice:**

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**Name:**

**E-mail:**

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<sup>1</sup> Lockyer, J., Fidler, H., Hogan, D., Pereles, L., Wright, B., Lebus, C., & Gerritsen, C. (2005). Assessing outcomes through congruence of course objectives in reflective work. *JCHEP*, 25: 76-86.