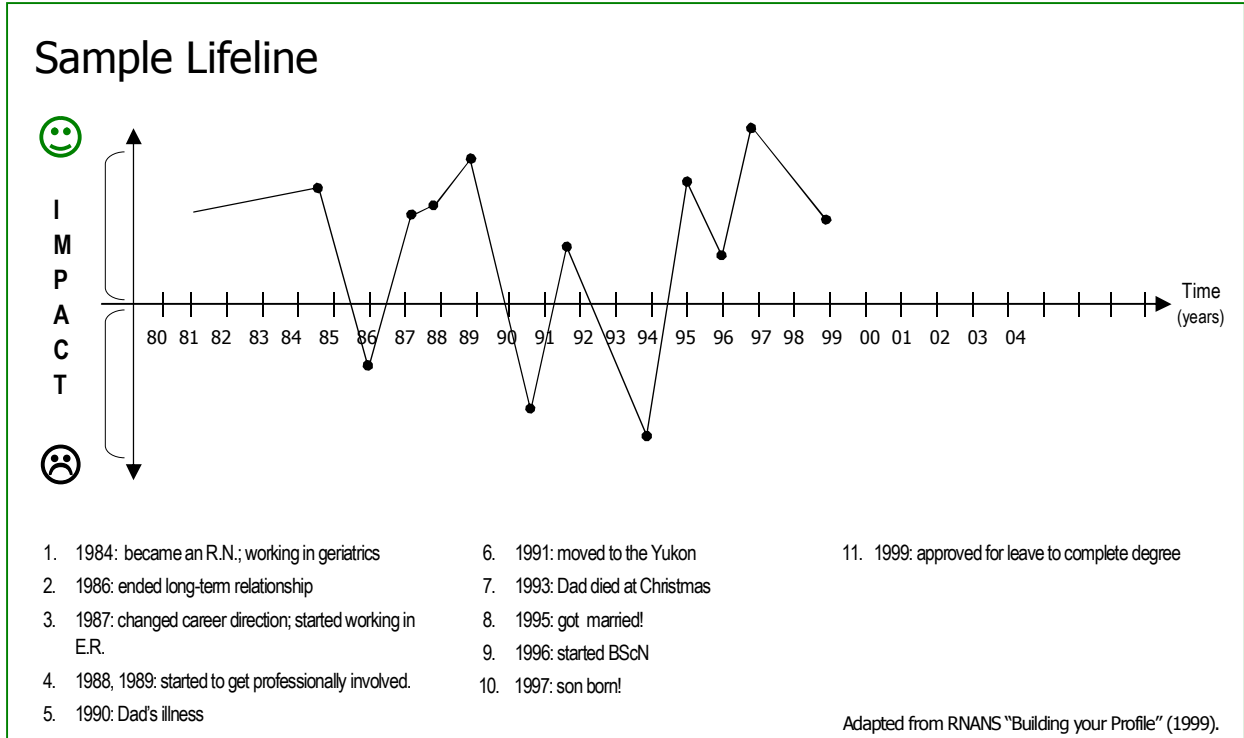


An Optional Exercise

The Personal Lifeline

You may find this tool helpful as you reflect on your life-long learning and growth:



Reflecting on Your Life Experiences

- Once you have developed your lifeline, ask yourself:
 - What were the most happy/exciting/satisfying events of your life? Why?
 - What makes you feel most positive about yourself? What gives you a sense of accomplishment? What are you best at?
 - What makes you feel least positive about yourself? Why? How can you change?
 - What aspects of your employment and/or volunteer positions give you the most satisfaction? Least satisfaction?
- Choose at least one significant experience from your lifeline. Reflect on this experience and how it has affected your work and personal life experiences.
- As you continue your learning journey, revisit your lifeline and reflect on additional life experiences.



Useful Resources

Suggestions for Appropriate Learning Activities

- ⇒ Self-directed reading
- ⇒ NurseOne
- ⇒ Professional activities
- ⇒ CNA certification
- ⇒ Journal club
- ⇒ In-services
- ⇒ Conferences
- ⇒ Workshops
- ⇒ Teleconferences
- ⇒ Telehealth sessions
- ⇒ Professional association meetings
- ⇒ Journal subscriptions
- ⇒ Consultations with professionals
- ⇒ Web based courses/CEUs
- ⇒ Formal courses and programs (Baccalaureate, Masters etc.)
- ⇒ Volunteer activities (e.g. Canada Winter Games)
- ⇒ Community involvement with a health focus
- ⇒ On-line journals and resources

SMART Learning Objectives

As much as possible, learning objectives should be written to be **SMART**:

- S**pecific
- M**easurable
- A**cceptable to you
- R**ealistic to achieve
- T**imely, with a deadline

Some helpful action verbs

- | | | |
|-------------|------------|------------|
| demonstrate | apply | organize |
| develop | teach | advocate |
| design | implement | share |
| interpret | coordinate | create |
| deliver | maintain | anticipate |
| identify | contribute | evaluate |
| communicate | | plan |



At no time does your practice environment negate your professional accountability.

