



## Podcast Reflection Form

*Use this form to reflect on your learning after listening to an episode.  
You can use this form as documentation of participation in your CPL.*

<b>What?</b> <i>Describe the event: What did you hear? What was new learning? What stood out for you?</i>	<b>So What?</b> <i>Identify the implications: What does this learning mean for your practice? What new questions do you have?</i>	<b>Now What?</b> <i>Describe your course of action: What will you do/try with this learning? How will you integrate this into your practice?</i>