

## Self-Directed Learning Plan – Upgrading After Second CDRE Failure

*Adapted with permission from the College of Dietitians of Ontario – Self-Assessment of Upgrading Needs after Second Failure of the Canadian Dietetic Registration Examination (CDRE) Form*

### Step 1:

Review your previous CDRE performance reports. Identify the cognitive domains and competency categories where your performance was lower and/or you performed lower than the national performance average on one or both exams.

| Performance Area                              | Lower Performance<br>(Yes/No) | Your Performance | National<br>Performance<br>Average |
|---|-------------------------------|------------------|------------------------------------|
| <b>Cognitive Domains</b>                      |                               |                  |                                    |
| Analyze, interpret,<br>and apply<br>knowledge |                               |                  |                                    |
| Demonstrate broad<br>knowledge                |                               |                  |                                    |
| Demonstrate<br>comprehension                  |                               |                  |                                    |
| <b>Competency Category</b>                    |                               |                  |                                    |
| Food and Nutrition<br>Expertise               |                               |                  |                                    |
| Professionalism and<br>Ethics                 |                               |                  |                                    |
| Communication and<br>Collaboration            |                               |                  |                                    |
| Management and<br>Leadership                  |                               |                  |                                    |
| Nutrition Care                                |                               |                  |                                    |
| Population Health<br>Promotion                |                               |                  |                                    |
| Food Provision                                |                               |                  |                                    |



## Step 2:

Reflect on your level of dietetic knowledge and the extent to which you have integrated this knowledge. Consider if there are areas of dietetic knowledge and practise you have found particularly difficult in your dietetics training program, practise experience, in preparing for the CDRE, or in the CDRE exams you have previously taken. When it comes to identifying areas to improve upon, you are often the best source of information.

| Dietetic Knowledge & Practise Difficulty Area | *ICDEP Practice Competencies and Associated Performance Indicators | Reflections/Comments |
|---|--|----------------------|
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\*Integrated Competencies for Dietetic Education and Practice (ICDEP, 2020).

Note: Add more rows to table as required.

**Step 3:** Discuss and confirm your strengths and areas to improve with others that you trust and believe can provide you with accurate feedback (e.g., educators, supervisors, peers, and colleagues). This will help you to identify the areas to focus on when developing and completing your action plan for upgrading.

**Step 4:** Based on what you identified in Steps 1-3, draft your self-directed learning plan in the template below. Upgrading activities may include (but are not limited to) academic courses, self-study, case studies, and/or supervised practical training.



**Self-Directed Learning Plan for Upgrading After a Second Failure of the CDRE**

| <b>Upgrading Activity<br/>Description (include<br/>supervisors, as<br/>applicable)</b> | <b>Time Frame</b> | <b>Learning Outcomes:<br/>Concepts and<br/>Implications for<br/>Future Dietetic<br/>Practice Learned<br/>from the Upgrading<br/>Activity</b> | <b>ICDEP Practice<br/>Competencies and<br/>Associated<br/>Performance Indicators<br/>Aligned to your Specific<br/>Learning Outcomes</b> | <b>Evidence of Completion</b> |
|--|-------------------|--|---|-------------------------------|
|  |                   |  |   |                               |
|  |                   |  |   |                               |
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|  |                   |  |   |                               |

Note: Add more rows to table as required.