

**NAME:**

**DATE:**

**JOB TITLE:**

**MEMBERSHIP NUMBER:**

**MEMBERSHIP GRADE:**

Most mariners would agree that much of the learning that takes place in an emergency drill on board ship occurs during debriefing afterwards, when the officers and crew are able to recall their experiences and reflect on what went well and what could be improved upon.

The reflective statement you write below is your 'personal debrief' on your CPD objectives, plans and activities for the past year.

Please consider the following questions for each of your objectives:

- What were you trying to achieve? Why?
- What did you think when you wrote the objective? What do you think now? Is there a difference? Why?
- Did you achieve the objective? How do you feel about what you have accomplished?
- How has what you learned helped you?
- Have you been able to apply what you have learned? If not, do you have plans to put the knowledge into practice? If not, why not?

Also consider what you wrote in your statement of intent and ask yourself:

- Would you still list the same strengths and weaknesses?
- Has the past year impacted your long-term professional goals?
- What are your thoughts for the next year of CPD?

*This document should be saved for future reference.*

***You can only submit your form for expert feedback and validation if you are a member of The Nautical Institute.***

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**[www.nautinst.org/membership](http://www.nautinst.org/membership)**

*Thank you for participating in CPD Online.*