



College of Dental Hygienists of Nova Scotia
Continuing Competency Program Reflection Document

Name:

CDHNS Licence #:

Course Name:

Date Completed:

- 1.** Identify one specific example of what you have learned.

- 2.** Provide two concrete examples of how you can apply this to your practice.

- 3.** What are some challenges that you may encounter in applying your new knowledge and how do you propose overcoming these challenges?