



Continuing Competency Program Reflection Document

Name: Mary Molar

NSRDHDTD Licence #: 00000

Course Name: Introduction to Indigenous Histories in Canada

Date Completed: 01/01/01

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

Evaluation criteria: Is learning evident? Does the example clearly link the learning objectives - either one in the course's objectives, or one that the individual has identified themselves?

Example: I have learned specific indigenous history about my own country from an Indigenous perspective.

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

Evaluation criteria: Are examples provided? Do they provide evidence that learning is incorporated into RDH practice?

Example: This learning activity (1) increased my cultural competence with respect to Indigenous culture and (2) increased my understanding of stereotypes and prejudices with respect to Indigenous cultures - both of which will benefit my communication skills in my practice.

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

Evaluation criteria: Is self-reflection evident? Has the individual identified barriers and/or future learning needs?

Example: Cultural competency (and cultural safety) are complex and dynamic topics. I need to continue to enhance my knowledge with respect to various ethnic and cultural groups. I have already identified other courses that I want to take to continue learning. I may not be aware of some of the ways that I am not communicating in a culturally respectful manner. I will need to evaluate my current interactions and make the necessary changes. I will ask my clients or co-workers questions, listen to the responses, and make revisions to how I communicate.