

SELF-DIRECTED LEARNING FORM

Part 1

This form should be used to document **each** activity of independent study including the study of professionally related journal articles, videos, monographs, texts and other materials, or peer study groups in which two or more members meet, to discuss and study the same topic.

Once completed, this form should be kept in your professional portfolio. A separate form must be completed for each self-study or peer study activity.

The number of hours spent in self-directed learning should be reported on the **CEU Summary Form** at the end of the CEU credit cycle. A copy of all completed Self-directed Learning Forms should also be submitted at the end of the cycle.

Massage Therapist Information (your information)	
Full Name:	
Registration #:	
Review Information (the details of the item you are reviewing)	
Title of Item Reviewed:	
Author/Creator Name(s):	
Type: (article, book, video, podcast, seminar, webinar, etc.)	
Review Method: (self-study / independent or peer study/group)	
Date of Review:	
Total Hours: (excluding breaks)	
CEU Total: (2hrs = 1 CEU)	



SELF-DIRECTED LEARNING FORM

Part 2

This section must be completed and submitted along with Part 1 of the Self-Directed Learning Form.

Self-Directed Learning and/or Peer Study Group Details:	
Date:	
Location:	
Learning Hours: (excluding breaks)	
CEU Total: (2hrs = 1 CEU)	
Peer Study/Group Review:	
(complete this section if you reviewed this material within a peer study group)	
List the names of the individuals within the peer group:	
List the material covered within the Self-Study or Peer Study Group:	

SELF-DIRECTED LEARNING FORM

Part 2 (continued)

This section must be completed and submitted along with Part 1 of the Self-Directed Learning Form.

Explain how you can incorporate what you have learned into your practice:

Have you included or attached all other related information?

Yes

No