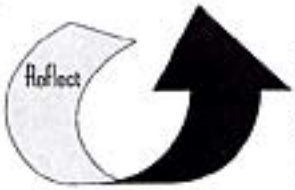
Step 1: Professional Self-Reflection



This first step in creating your Professional Development Portfolio begins with reflection on your professional interests. It is designed to assist you in developing professional goals and evaluating learning needs regardless of your area of practice. At the conclusion of the reflection process, you will identify several short-term and long-term goals.

What are my current practice area(s) and/or professional interests? *(e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement, wellness)*

INDUSTRY

- RESEARCH
- MARKETING
- FOOD LAW
- WRITING

Within my area(s) of practice and/or professional interests, what roles or responsibilities do I perform now? *(e.g., consult, negotiate contracts, develop educational materials, conduct training sessions, write care plans, conduct research, develop budgets, keep current on issues, volunteer)*

MANAGE DEPARTMENT BUDGET

DESIGN AND COORDINATE RESEARCH

DEVELOP SCIENTIFIC PRESENTATIONS

WRITE SCIENTIFIC PAPERS AND BRIEFS

CONSULT INTERNALLY W/ RESEARCH & DEVELOPMENT, MARKETING, LEGAL, MARKET OPERATIONS

MONITOR TECHNICAL AND SCIENTIFIC LITERATURE

What external factors or trends (professional, societal, environmental) are affecting or will affect my professional practice? *(e.g., changes taking place in health care, community outreach efforts, payor demands for documented outcomes, lifestyle changes, family demands)*

EMERGING SCIENTIFIC DATA SUPPORTING HEALTH BENEFITS OF NON-NUTRIENT COMPONENTS

TREND TOWARD KITCHEN CABINET, RATHER THAN MEDICINE CABINET

DECREASED HEALTH CARE COSTS

BOOMERS COMING OF AGE

CONSUMER NEED TO TAKE CHARGE OF OWN HEALTH

FITNESS MOVEMENT

What areas of my profession do I enjoy? *(e.g., personal interests related to professional growth, public speaking, writing, working with people)*

DEVELOPING SCIENTIFIC PRESENTATIONS

PRESENTATIONS AND TEACHING

RESEARCH DESIGN AND PROBLEM SOLVING

TEAM PROJECTS

What are my current leadership responsibilities? *(e.g., planning a continuing professional education seminar, chairing National Nutrition Month activities, leading a hospital team, managing a statewide public relations program, communicating current nutrition developments as a media spokesperson, serving as an elected officer or appointed committee chair)*

LEADING RESEARCH TEAM

LEADING MEDICAL MARKETING TEAM

CO-CHAIR UNIVERSITY COMMITTEE

ELECTED STATE DIETETICS ASSOCIATION OFFICE

PLANNING CONTINUING PROFESSIONAL EDUCATION SEMINARS (4)

What do I want my future practice area to be? *(e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement)*

INDUSTRY - RESEARCH

- MARKETING

- FOOD LAW

- WRITING

What are my professional strengths?
(may be based on feedback from peers, results of peer review, performance evaluation, customer feedback)

ANALYTICAL SKILLS, PROBLEM-SOLVING SKILLS

ORGANIZATION SKILLS, TEACHING SKILLS

NETWORKING ABILITIES

What are my professional areas for improvement?
(may be based on feedback from peers, results of peer review, performance evaluation, customer feedback)

INCREASE KNOWLEDGE OF: 1) FUNCTIONAL FOODS, 2) FOOD LABELING REGULATIONS, 3) CALCULUS, 4) LAB METHOD FOR NON-NUTRIENT ANALYSIS, 4) TEAM-BUILDING SKILLS

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When determining your goals, review the information about yourself and your practice that you recorded on pages 1-3.

What are my professional goals? *(e.g., stay abreast of current developments in nutrition, maintain expertise in nutrition support, consult for long term care, write for consumer publications, establish Quality Improvement policies and programs, obtain Masters in Public Health Degree)*

Short Term: (1 - 3 years)

DEVELOP UNDERSTANDING OF REPRODUCTIVE HORMONES MECHANISM OF ACTIONS IN HORMONE SENSITIVE TUMORS

ACQUIRE KNOWLEDGE IN PROTEIN AND AMINO ACID METABOLISM DURING SPORTS TRAINING

MAINTAIN CURRENCY AROUND NON-NUTRIENT COMPONENTS AND HEALTH BENEFITS

REVIEW CALCULUS PRINCIPLES

FAMILIARIZE MYSELF WITH NON-NUTRIENT ANALYTICAL METHODS

Long Term: (3 - 5 years)

DEVELOP EXPERTISE IN REGULATIONS AROUND FOOD LABELING AND ADVERTISING AND FUNCTIONAL FOODS

DEVELOP NUTRITION KNOWLEDGE AROUND FUNCTIONAL FOODS

STAY ABREAST OF CURRENT DEVELOPMENTS IN NUTRITION

EXPAND TEAM BUILDING SKILLS