



Eviscore Foundation Course

Module 5 – ASSESS

Worksheet 5C: Personal Improvement Plan

Estimated Time: 15–20 minutes

Difficulty: ★★☆☆ Foundation

Learning Objectives

After completing this worksheet, you should be able to:

- Identify your strengths in Evidence-Based Practice.
- Recognize areas that require improvement.
- Develop realistic learning goals.
- Create an action plan for continuous professional development.

Before You Begin

Review your reflections from Worksheet 5B. Remember: Reflection is valuable only when it leads to improvement.

PART 1 – My Strengths

Identify three strengths demonstrated during this case.

My Strength	Evidence or Example
1. _____	_____
2. _____	_____
3. _____	_____

PART 2 – Areas for Improvement

Identify three areas you would like to improve.

Area for Improvement	Why is it important?
1. _____	_____
2. _____	_____
3. _____	_____

PART 3 – My Learning Goals

Choose ONE priority goal to focus on over the next month.

My Learning Goal

Why is this my priority?

PART 4 – My Action Plan

Action	Target Date
_____	_____
_____	_____
_____	_____

PART 5 – Learning Resources

Which resources will help you achieve your goal? Tick all that apply.

- ☐ Clinical Practice Guidelines
- ☐ Journal Articles
- ☐ Textbooks
- ☐ Faculty Mentor
- ☐ Online Course
- ☐ Workshop
- ☐ Discussion with Colleagues
- ☐ Other

PART 6 – Measuring My Progress

How will you know that you have achieved your goal?

- ☐ Improved confidence
- ☐ Better patient outcomes
- ☐ Faster literature searching
- ☐ Improved critical appraisal
- ☐ Better communication with patients
- ☐ Other

Evidence of Success

My Personal Commitment

Complete the statement.

Over the next month, I will improve my Evidence-Based Practice by...

My Improvement Plan Summary

Item	My Plan
Strength	_____
Area for Improvement	_____
Learning Goal	_____
Planned Action	_____
Success Indicator	_____

Reflection

What obstacle might prevent you from achieving your goal?

How will you overcome it?

Self-Assessment

- ☐ I identified my strengths.
 - ☐ I selected one realistic improvement goal.
 - ☐ I created an achievable action plan.
 - ☐ I know how I will measure my progress.
 - ☐ I am committed to lifelong learning.
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Evidence Pearl: Professional growth happens through small, consistent improvements. One well-planned change in practice can benefit many future patients.

Faculty Notes

Suggested Discussion Points

Guide learners through four questions.

1. **What are you already doing well?**

Encourage learners to recognize strengths, not just weaknesses.

1. **What is the single most important skill you want to improve?**

Help learners prioritize one achievable goal rather than many unrealistic goals.

1. **How will you achieve that goal?**

Discuss practical learning activities such as reading a guideline, practicing PubMed searches, attending a workshop, or seeking feedback from a mentor.

1. **How will you know you have improved?**

Encourage learners to define measurable indicators of success.

Common Beginner Mistakes

- Setting too many goals at once.
 - Choosing vague goals (e.g., “be better at EBM”).
 - Not identifying concrete actions.
 - Failing to define how progress will be measured.
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My 30-Day EBP Challenge

This Month I Will...	✓
Formulate one PICOTT question each week	☐
Perform one PubMed search each week	☐
Critically appraise one research article	☐
Discuss evidence with one patient using shared decision-making	☐
Reflect on one clinical case	☐

My Personal Commitment

Signature: _____

Date: _____

This transforms the worksheet from a passive reflection into an active commitment. It encourages learners to build regular Evidence-Based Practice habits, reinforcing that EBP is a continuous professional journey rather than a one-time course. It also prepares learners for Worksheet 5D – Evidence-Based Practice Audit, where they will evaluate how consistently they apply these skills in practice.
