

FAQ: Can I submit continuing education activities that do not fall within the traditional continuing education guidelines?

Yes, prior to renewal you may submit a request to the Registrar to have your activities assessed as an Individual Study program under Category J of the Continuing Education Activity Guidelines. By utilizing Category J, there is an opportunity to broaden traditional CE activities. CDPEI is excited to share how you can use this to demonstrate your expanded knowledge and is open to feedback on this process.

To request approval of independent study for continuing education, submit the following to CDPEI:

1. **Topic and Purpose:** Clearly state the topic of your independent study and describe what you aim to achieve or learn.
2. **Learning Objectives:** Outline specific objectives and explain how they will align with your professional development as a dietitian.
3. **Relevance to Practice:** Explain how this study will enhance your knowledge or skills in dietetics and align with competencies required by CDPEI.
4. **Proposed Study Activities:** Provide a description of how you plan to engage with the topic.
 - a. **Ideas:** Peer-reviewed journal articles and systematic reviews, online webinars, podcasts, or virtual conferences, observation of sessions or recorded case studies, participation in professional discussion groups, practical activities, such as creating and testing recipes, informal interviews or mentoring sessions with experts, reflective journaling on how new insights relate to your practice.

If approved for Individualized Study Program, you will be required to submit the following at renewal period:

1. **Documentation of Study:**
 - a. **Study Activities:** Provide description of how you engaged with the topic including list of study activities completed and time spent on each activity.
2. **Application of learning:**
 - b. Submit a summary of how you plan to apply this knowledge in practice.