

# OCCUPATIONAL THERAPY NOW

## PROFESSIONAL DEVELOPMENT REFLECTION<sup>1</sup>

**Article information or reference.**

**What drew you to this article? How does it connect to your learning goals?**

**How has this article added to your knowledge or helped identify future learning needs? Include any key ideas, tips, or strategies that you found helpful.**

**How will you integrate an aspect of this article or an idea into your occupational therapy context?**

**Jot down anything else you would like to remember and/or any other reflections.**

**Do you want to write another reflection soon? Take a minute to search for a potential next article.**

*Potential next article:*

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<sup>1</sup>This form will be updated periodically. Send suggestions to [otnoweditor@caot.ca](mailto:otnoweditor@caot.ca)