

# What **activities** count as continuing professional development (CPD)?

CPD is how you keep your skills and knowledge up-to-date so that your practise is safe and effective. You should keep a record of your CPD activities and how you learned and developed from them.

## **Work-based learning**

In-service training, reflective practice

## **Professional activities**

Mentoring, professional body involvement

## **Formal and educational activities**

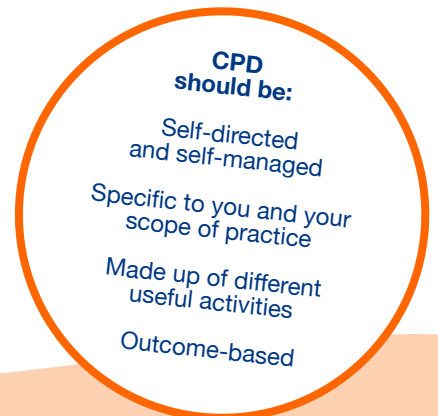
Courses, conferences, research

## **Self-directed learning**

Journals, books, internet research

## **Other activities**

Voluntary work



[www.hcpc-uk.org/cpd](http://www.hcpc-uk.org/cpd)



#CPDWeek2025  
[www.hcpc-uk.org/cpd-week](http://www.hcpc-uk.org/cpd-week)