

# Self-Study Template

1 hour

Professional development is an on-going process. All afterschool professionals, no matter how qualified or experienced, must continue to incorporate new skills and knowledge into their work with youth and their families. One way you can fulfill the requirements for professional development is through self-study activities.

Self-study activities must be:

- a. Based on current research in youth development
- b. Demonstrate developmentally appropriate practice
- c. Support the knowledge and skills needed to care for youth
- d. Include a self-reflection component

Self-study Examples:

- Read an article in a recognized, professional journal, document topic and provide reflection
- Develop a professional portfolio
- Watch a documentary related to issues surrounding youth and provide reflection
- Read a book related to issues surrounding youth and provide reflection

**Your Name:** \_\_\_\_\_ **Date of Completion:** \_\_\_\_\_

**Resource Name:** \_\_\_\_\_ **Date of Publication:** \_\_\_\_\_

**Reflection:**