**APBC Reflective Accounts Form**

Please use this form to record written reflective accounts on all self-directed and non-certified learning and training that you are submitting for APEL and how this relates to the knowledge section (eg Animal Health and Welfare) of the standard. Use one form for each knowledge section, making sure you do not include any information that might identify a specific client, service user, colleague or other individuals.

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| **Name:**  **Knowledge section - K&U number(s):** |
| **What was the nature of the activity?** |
|  |
| **Why did you choose to undertake this activity?** |
|  |
| **What did you learn from this activity?** |
|  |
| **How did you change or improve your practice as a result?** |
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