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| PAL_+logo | **PAL**  **Learning and Sharing Tracking Log** | ERASMUS-logo- |

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| **Name:** | | | | | | **School/College/Centre:** | | **Academic Year:** | | **Date of submission:** |
| **Date:** | **Title of Session** | **Category of Activity i.e. Category 1 = participating**  **or**  **Category 2 = facilitating** | | **Methodology used e.g. Café Style Workshop, Show and Tell etc.** | | **Professional Development intention for attending/ undertaking the activity** | | **How was learning from the PAL CPD activity Integrated into your work practice afterwards (include any incidental learning)** | | **PAL Points achieved Category 1 =5 points or**  **Category 2 = 10 points** |
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| Date Received: | | | | | Reviewed by: | | |  | |  |

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| **PAL Tracking Tool**  **Summary Self Evaluation / Reflection** |
| **One** summary self-reflection should be submitted with the Tracking Log when the 30 PAL point cycle of activity has been completed. |

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| **Name:** | **Academic Year:** | **School/College/Centre Name:** |
| **What?**  **What have I learned during the PAL Learning Champion period from: 1. participating in informal / non formal learning activities? 2. facilitating informal non formal learning activities?** |  | |
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| **Transfer?**  **What positive results have the PAL peer learning and sharing activities had for: 1. my own performance? 2. my colleagues? 3. my students?** |  | |
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| **What next?**  **What do I plan to do next to: 1. support / enhance my own professional development? 2. promote peer learning and sharing within my organisation?** |  | |
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| For office use only: |  |  |
| Date received: |  |  |
| Reviewed by: |  |  |