To fully profit and develop from your NQT year, ensure that you access a wide and personalised variety of CPD opportunities, including training, observation, discussion, research, reflection and full participation in all school and department/ year group developmental and QA activities. Complete this log on a weekly basis, share it with your mentor at review meetings and reflect on both learning and implications for future development.

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| **Date** | **CPD Activity** | **Reflections** | **Future development/actions** | **Teacher Standard** |
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