Typical learning and development activities are listed below. Which learning activities apply to your professional development objectives and align with your preferred learning style? Add others to the list as appropriate.

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| **Development Activity** | **Comments** |
|  |  |
| * Ask others for feedback |  |
| * Complete surveys and assessments |  |
| * Identify principles to follow |  |
| * Sign up for daily article or blog on topic |  |
| * Read a book on the topic, start a book club |  |
| * Research (e.g. Google) the topic |  |
| * Talk to a subject matter expert |  |
| * Shadow someone else who does this well |  |
| * Get a mentor or a coach |  |
| * Attend courses – industry, college, seminars, MOOCs (massive open online courses such as Coursera, udacity, edX) |  |
| * Join an association or a volunteer organization in the role needed to develop in |  |
| * Teach the topic to others, or write an article on it |  |
| * Complete a special or temporary assignment |  |
| * Practice, video record practice |  |
| * Establish new daily habits |  |
| * Journal progress, keep scorecards |  |
| * Meet with accountability partners to track progress |  |
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