

# Knowledge development in aging form



To be completed by University of Manitoba students who are interested in getting acknowledgement for the Foundational Skill Development on their Experience Record.

## How to complete the form

1. Students must complete this form for each professional development/learning activity. Reflections should demonstrate a summarized understanding of the presentation topic.
2. Students should attend a minimum of 6-one hour events and complete a reflection for each event attended within two weeks of the date of the event from September to June during the current academic year. Late reflection forms will not be accepted.
3. Return your completed forms and supporting documents to Rachel Ines ([rachel.ines@umanitoba.ca](mailto:rachel.ines@umanitoba.ca)).
4. Students who wish to receive credit for the STAR activities for the Experience Record cannot receive credit for both the Volunteerism and participation *and* Knowledge development in aging for the same event. Students must choose one.

Student name

Student UM email

Academic year applying

Event attended (title)

Event date

Event length (e.g., one hour,  
half day workshop)

Letter of attendance/registration included

Yes

No

## Reflection questions

1. Describe what you learned at the event. What were the key points?

3. How do you think you will use this information in your future career? How will you use this information in your everyday life (if applicable)?

4. Based on what you learned at the event, what do you think society (government, organizations, general public) could do to improve the aging process in Winnipeg, Manitoba, Canada, and/or internationally?

### Student records

Use this section to list the dates of events you have attended over the academic year for your own records.

Date(s) of previous events attended

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____