

Portfolio student IMPECD PROJECT

Student name:

High Education Institute (HEI):

■ Introduction:

A portfolio is used to gather information about your own functioning by looking back systematically on what you did, on what you achieved or didn't achieve and why you did or didn't.

In fact it is a collection of evidence of earned competences on individual level. You can see it as a professional note book in which you reflect on the steps you took going through a learning process. You reflect about your strengths during the learning process and also about your weaknesses. You think about what you can do to ameliorate your weaknesses. What are actions you could take in the future ?

For those who read the portfolio it has to be clear¹ :

- which goals you want to achieve
- the steps in the development of the competence
- how you indicate the achieved competence

Finally you can present your portfolio as a prove of your reached competences.

For the IMPECD MOOC there are some elements you should keep in your PORTFOLIO.

First you have to present yourself, tell us something about who you are and what is your motivation to go through this MOOC. What are the goals you want to achieve (this is element 1 and 2 of the portfolio).

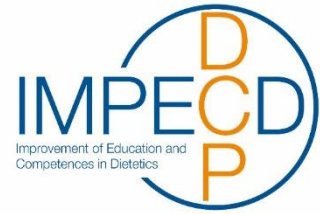
For the next elements you have to copy and paste every reflection you make in the five cases and the DCP course going through the MOOC. When you have an 'open question' somewhere in the MOOC you also have to copy and paste your answer to this question in your portfolio on the right place.

!!! WARNING: each answer to an open question has to be copied and pasted in your portfolio !!!

¹ <https://www.kuleuven.be/onderwijs/steekkaarten/evaluatie/portfolio.pdf>



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Element 1: Who are you?

- Present yourself in the IMPECD-MOOC. Go to the forum and use a creative tool to present yourself. Tips: Prezi, powerpoint, poet, short video, a photo,... Tell something about yourself, your name, which Hei your at, your age,...
- If you want you can add your social media URL.

Go to =>

Introduction

Overview of this course

Course Date: Start: dd/mm/yyyy End: dd/mm/yyyy	Duration: 6 weeks (whole moodle)	Commitment: 25h/ week
Requirement: dietetic student at one of the five partner universities	Course type: instructor led	Credentials: 5 ECTS

[Discussion forum guidelines](#)

[Introduce yourself](#)

This topic is meant to be used by you students to introduce yourselves. Please upload a picture from your favorite national dish and tell a bit about where you come from, which dish you are presenting and why you like it so much.



Element 2: motivation and goals ?

A start

- What is your motivation to go through the MOOC?

- Which competences do you want to reach after completing the MOOC?

- Which goals (short and long goals) do you want to reach after completing the MOOC?



Element 3: Reflections

■ Case 1: Gestational diabetes

Deep reflection

Step 1-3

- A. Evaluate the general progress of step 1-3.

What went wrong? Give a concrete example.

What went right? Give a concrete example.

- B. When you look back to step 1 – 3 of the DCP what would you do different in the future by solving the same/ similar case. With what result would you be satisfied?

Step 4-5

- On a scale of 0 to 10 indicate how satisfied you are with your achieved results, where 0 is very dissatisfied and 10 stands for very satisfied. Explain.

- Evaluate the general progress of step 4-5.

What went wrong? Give a concrete example.

What went right? Give a concrete example.

- What did you definitely learn from this exercise? Choose three of the following items and explain why you choose them.

Evidence based practitioner – Main goals and sub goals - critical thinking – the different steps of the DCP – Methodically handling – work independently – creativity – Lab Analyse – making a correct dietetic diagnosis – set priorities - reflective thinking



Reflection of all the steps 1- 5

- What has hindered you in solving the case (step 1-5)?

- What helped you in solving the case (step 1-5)?

■ Short reflection

- (1) On a scale of 0 to 10 indicate how difficult you found this exercise, where 0 is very easy and very difficult 10.

- (2) On a scale of 0 to 10 indicate how deep you went into the literature to solve the evaluation questions. where 0 is on surface and 10 is very profound.

Short reflection after the wrong choices

- (1) You made a wrong choice in treating the client. Imagine yourself this is for real. You work as a registered dietitian in the hospital where this client is treated. On a scale of 0 to 10 indicate how you feel by making this wrong choice(s).

- (2) What will you do to improve yourself to make the right choice in the future?

- (3) How motivated are you to continue this case? Fill in the scale.



■ Case 2: Coronary heart disease and hypertension, diabetes mellitus type 2

Deep reflection

Step 1-3

- A. question

- B. question

Step 4-5

- question

- question

- question



Reflection of all the steps 1- 5

■ question

■ question

Short reflection

■ question

■ question

Short reflection after the wrong choices

■ question

■ question

■ question



■ Case 3: Lower gastrointestinal disorders: lactose intolerance and coeliac disease

Deep reflection

Step 1-3

- A. question

- B. question

Step 4-5

- question

- question

- question



Reflection of all the steps 1- 5

- question

- question

Short reflection

- question

- question

Short reflection after the wrong choices

- question

- question

- question



■ Case 4: Obesity and bariatric surgery

Deep reflection

Step 1-3

- A. question

- B. question

Step 4-5

- question

- question

- question



Reflection of all the steps 1- 5

- question

- question

Short reflection

- question

- question

Short reflection after the wrong choices

- question

- question

- question



- Case 5: Chronic kidney disease

Deep reflection

Step 1-3

- A. Evaluate the general progress of step 1-3.

What went wrong? Give a concrete example.

What went right? Give a concrete example.

- B. When you look back to step 1 – 3 of the DCP what would you do different in the future by solving the same/ similar case. With what result would you be satisfied?

Step 4-5

- On a scale of 0 to 10 indicate how satisfied you are with your achieved results, where 0 is very dissatisfied and 10 stands for very satisfied. Explain.

- Evaluate the general progress of step 4-5.

What went wrong? Give a concrete example.

What went right? Give a concrete example.

- What did you definitely learn from this exercise? Choose three of the following items and explain why you choose them.

Evidence based practitioner – Main goals and sub goals - critical thinking – the different steps of the DCP – Methodically handling – work independently – creativity – Lab Analyse – making a correct dietetic diagnosis – set priorities - reflective thinking



Reflection of all the steps 1- 5

- What has hindered you in solving the case (step 1-5)?

- What helped you in solving the case (step 1-5)?

Short reflection

- (1) On a scale of 0 to 10 indicate how difficult you found this exercise, where 0 is very easy and very difficult 10.

- (2) On a scale of 0 to 10 indicate how deep you went into the literature to solve the evaluation questions. where 0 is on surface and 10 is very profound.

Short reflection after the wrong choices

- (1) You made a wrong choice in treating the client. Imagine yourself this is for real. You work as a registered dietitian in the hospital where this client is treated. On a scale of 0 to 10 indicate how you feel by making this wrong choice(s).

- (2) What will you do to improve yourself to make the right choice in the future?

- (3) How motivated are you to continue this case? Fill in the scale.



■ Case 6: Colon cancer

Deep reflection

Step 1-3

- A. question

- B. question

Step 4-5

- question

- question

- question



Reflection of all the steps 1- 5

■ question

■ question

Short reflection

■ question

■ question

Short reflection after the wrong choices

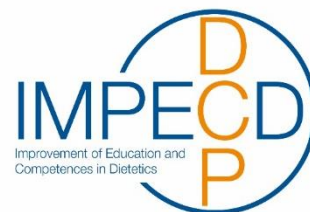
■ question

■ question

■ question



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Element 4: Growth of your IMPECD flower

Copy and paste here your growth of your IMPECD flower, after each case your pops up.

- [DGP in general](#)

- [Case 1: Gestational diabetes](#)

- [Case 2: Coronary heart disease and hypertension, diabetes mellitus type 2](#)

- [Case 3: Lower gastrointestinal disorders: lactose intolerance and coeliac disease](#)

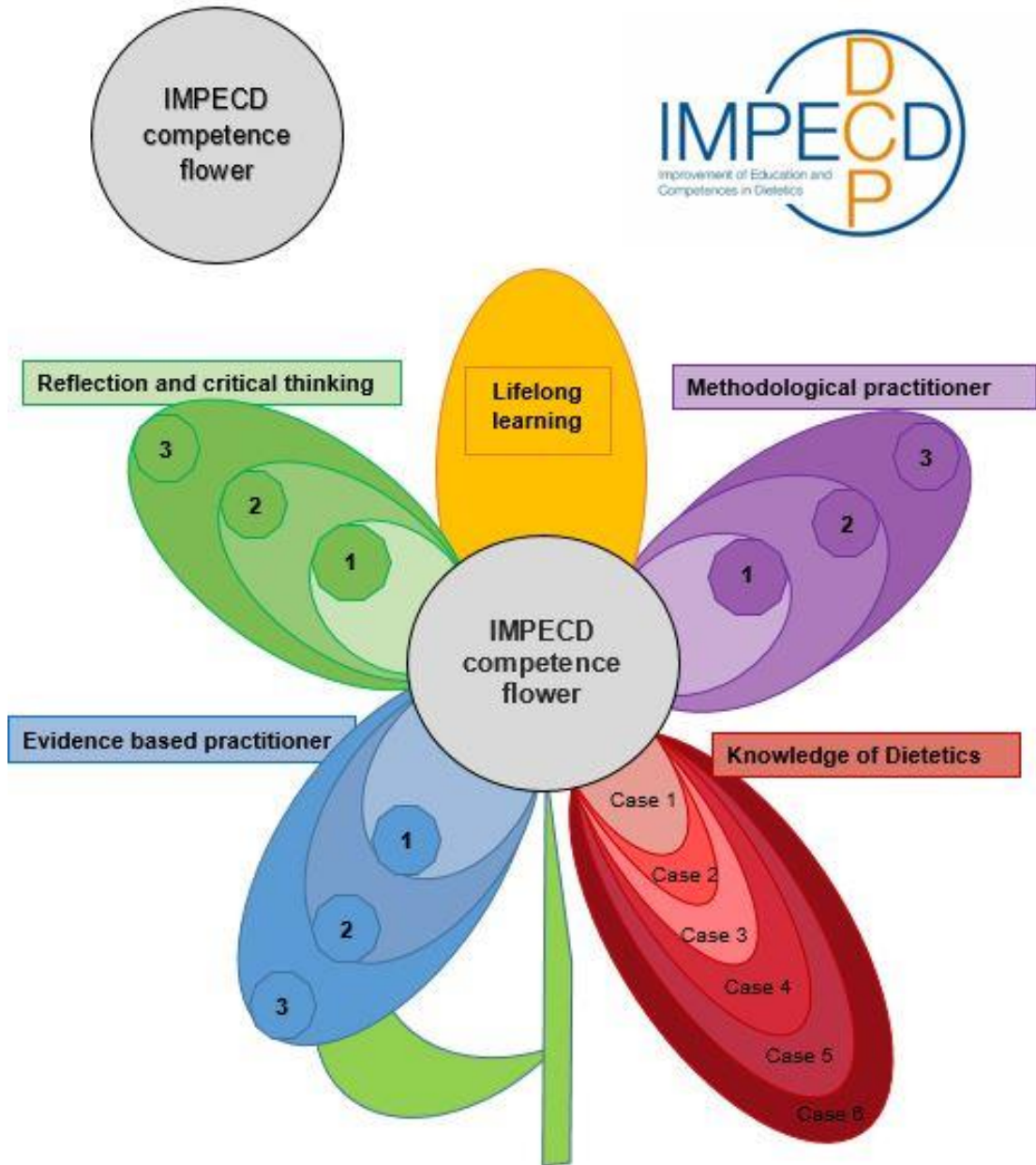
- [Case 4: Obesity and bariatric surgery](#)

- [Case 5: Chronic kidney disease](#)

- [Case 6: Colon cancer](#)

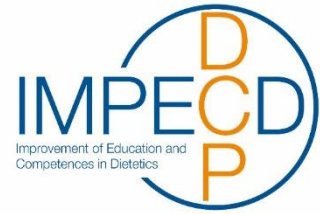


Element 5: General reflection MOOC





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- Take a look at the IMPECD flower. Which of the competences did you achieved the most?

IMPECD COMPTENCE FLOWER:

A. Take a look at the IMPECD flower. Which of the competences did you think, are important to make more progress for yourself?

IMPECD COMPTENCE FLOWER:

B. Describe in SMART terms how you are going to achieve this goal.

IMPECD COMPTENCE FLOWER: