| *CEC Category* | *Activity Code (credits/activity)* |
|---|---|
| **1.** Reading articles, texts | Not applicable, specify details (10/journal or chapter). |
| **2.** Learning Programme | **A.** Teaching sets (10/hour). **B.** Audiovisual instruction (10/hr). **C.** Computer based learning (10/hr). |
| **3.** Self-Assessment | Not applicable, specify details (10/hr). |
| **4.** External QAP/Proficiency | **A.** QAP (10/module). **B.** Other, specify (10/program). |
| **5.** Teaching/Research | **A.** Oral/Poster/Workshop Prep (10/hr). **B.** Oral/Poster/Workshop Presentation, local. (10/pres). **C.** O/P/W Presentation, National/ International ( 20/pres). **D.** Multiheader preparation/presentation. (15/session). **E.** Literature search (10/search). **F.** Participation in approved research (10/hr). **G.** Publication, key author (50/publication). **H.** Publication, co-author (20/publication). |

| ***Date*** | ***Activity Code*** *(A – H)* | ***Details*** | ***CEC Category*** *(1 – 5)* | ***Credits*** |
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| Total Credits | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| | | | | | |

# FORM A1 - DIARY OF INDIVIDUAL CEC ACTIVITY

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