



Professional Portfolio Update

NEW: Count all your time supervising, teaching, volunteering or participating in College/Association work as self-directed hours!

The Quality Assurance Committee has recently made changes to how opticians can count certain activities toward their annual self-directed hour requirement.

The following activities, which were previously each limited to 1-2 hours per year, may now be claimed on an hour-for-hour basis:

- Supervising student/intern opticians
- Participating as a Board or Appointed Member of the College
- Participating as a Professional Association Board Member
- Volunteer events such as uncompensated optical missionary work
- Teaching hours
- Serving as a College Peer Assessor
- Serving as an Examiner for the National Exams administered by NACOR

For example, an optician who spent 4 hours supervising student or intern opticians can use this activity toward all 4 of the required self-directed hours for that year.

The purpose of this change was to encourage opticians to take part in these valuable activities that not only contribute to their overall professional development and growth, but also give back to the profession.

The Committee also determined that opticians will no longer be able to claim 1 self-directed hour for 1000 dispensing hours. This decision is consistent with the purpose of the Professional Portfolio, which is to promote continuing education that falls outside of opticians' day-to-day practice.

When claiming these activities, remember to complete all of the information in the Non-Accredited/Self-Directed section of your portfolio, including reflecting on the knowledge and/or skills gained and the impact on your practice.

FREE On-Demand Continuing Education Hours

To support registrants in meeting their professional obligations, the College has created a new section on the website for you to find is offering free on-demand continuing education content. You can access the page and content [here](#).

Non-accredited, self-directed CE is also available on the [College's YouTube page](#). Watch Board meetings, or the 2024 Elections Information Session. You can record your time spent in the "Non-Accredited, Self-Directed" section of your Professional Portfolio in your registrant portal; be sure to complete all required sections.