



Name Don Aldon

*The final step of the Portfolio process is the evaluation of progress made towards achieving your goals. Refer to the current version of your Learning Plan (Step 3) for your identified goals. Consider how your CPE activities helped to improve your level of proficiency and helped you to meet (or not meet) your goals. This step is designed to assist you in reflecting on the value of your CPE activities over the past five years, and how this information can support the development of future goals. Use this evaluation to begin your next professional self-reflection (Step 1).*

**What progress did I make toward accomplishing my professional goals?**

*Goal(s)*

*Progress Made Toward Achieving Goal(s)*

Maintain competence in nutrition for the life cycle

I continue to provide lectures on current issues of interest to the community.

Maintain competence in medical nutrition therapy

I have maintained knowledge in MNT.

Improve public speaking abilities

As state president, I have improved my speaking abilities. I also feel more comfortable in interviews.

Increase competence in computer skills

Now I can more efficiently obtain relevant dietetics-related data from the Internet.