

ARCP Checklist

Outlines the requirements for F1 and F2 (always know what you **have** to do!)



Curriculum Resource

Includes BMJ and e-lfh resources split by each FPC so easily mapped!



e-Portfolio webinar

Explained what ARCP panels are looking for and top tips (from yours truly)



E-lfh

Relevant modules, tailored for FDs and aligned with the curriculum



Conferences

Learning opportunities, CPD opportunities and presentation opportunities



Reflection

What happened
What did **you** do
What happened next



Don't forget

LEADER forms – leadership, acting in team
LEARN forms – structured reflection
Reflection of your portfolio – it can include non-clinical things!

General tips

Ask for FPTD/ES reviews of e-Portfolio
You can reflect on ANY event
E-lfh needs >5 mins to be mapped
Try and have it finished >1 month before