**10 days of development – researcher development log**

The [Researcher Development Concordat](https://researcherdevelopmentconcordat.ac.uk/) recommends that researchers engage in a minimum of 10 days or 70 hours professional development (pro rata) per year. The following table can be used to help you to keep an ongoing log of your development time/activities and add reflections on your learning. You may find this information useful to support development discussions with your manager as part of the PDPR process.

NB: attendance at any development sessions you book internally via [P&OD](https://staff.hud.ac.uk/hr/pod/) is automatically included on your online [MyHR](https://myhr.hud.ac.uk) record (under ‘My Learning’). You can also add other learning to your record if you wish. As part of your annual Personal Development and Performance Review (PDPR) you will be asked **how many days** you have spent on training and other continuing professional development in the last 12 months, and about the **usefulness of activities** – recorded under ‘My PDPR’.

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| **Date(s)** | **No of days/ hours** | **Development activity***What did you do? For example, attending a workshop, mentoring, online learning etc* | **Researcher development theme -** *Which core theme does this support?* | **My reflections***What did you learn? What insight are you taking from that? What will you now do or change? What difference has this made?* |
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