Is the activity **live**?

170/171 – Live Lectures or Seminars / Webinars or Teleseminars
150 – Interactive Workshops
110 – Grand Rounds/ Case Studies
130 – Exhibits
180 – Posters
160 – Journal Clubs
230 – Study Groups
140 – Experiential Skill Development (see culinary requirements in PDP Guide)

Is the activity **recorded or self-paced**?

175 – Recorded Pre-Approved Activities (no quiz)\(^1\)
700-740 – Self-Study via accredited providers or prior-approved (w/ quiz)\(^2\)
101 – Recorded Lectures from Massive Open Online Courses
200 – Professional Reading (no quiz)

Is the activity an **intensive course of study** incorporating multiple modules and perhaps in-person training?

120 – Certificate of Training Programs\(^3\)

Was the activity provided by a **Jointly Accredited** Provider?

102 – Joint Accreditation\(^4\)

Does completion of the activity result in acquiring a **certification**?

260-651 – Certifications\(^5\)

Are you a **PI or co-investigator on a research study**?

205 – Research

Did you compete a **residency or fellowship**?

210 – Residency and Fellowship Programs

Are you seeking credit for?:

- **Precepting**
- **Holding an elected or appointed position** with a national, state, or district organization

Did you complete or audit **classes at a USDE accredited college or university** that are reflected on a transcript?

100 – Academic Coursework

Did you **contract with an expert** in a particular area to enhance your competence?

220 – Sponsored Independent Learning

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1. Recorded Pre-Approved Activities must be submitted by providers to CDR for Prior Approval or be offered by a CDR Accredited Provider
2. Self-Studies must be submitted by providers to CDR for Prior Approval; be offered by a CDR Accredited Provider; or be offered by providers accredited by bodies that CDR recognizes. See PDP Guide
3. Certificate Programs must be offered by CDR or CDR Accredited Providers
4. Activities sourced from providers accredited by Joint Accreditation need not meet CDR Activity Type definitions
5. For a full listing of Certifications recognized by CDR for CPEUs see PDP Guide