Activity Type Selection Quick Sheet (see your PDP Guide for full definitions, requirements, and CPEU limits)

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 Programs³

Was the activity provided by a **Jointly Accredited** Provider?
- 102 – Joint Accreditation⁴

Does completion of the activity result in acquiring a **certification**?
- 260-651 – Certifications⁵

Are you a **PI or co-investigator on a research study**?
- 205 – Research
- 210 – Residency and Fellowship Programs

Did you compete a **residency or fellowship**?
- 190 – Professional Leadership

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 university accredited by a USDE recognized accrediting agency** 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

¹ 175 Recorded Pre-Approved Activities must be submitted by providers to CDR for Prior Approval or be offered by a CDR Accredited Provider

² 700-740 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

³ 120 Certificate Programs must be offered by CDR or CDR Accredited Providers

⁴ 102 Activities sourced from providers accredited by Joint Accreditation need not meet CDR Activity Type definitions

⁵ 260-651 For a full listing of Certifications recognized by CDR for CPEUs see PDP Guide