

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 Accreditation](#)⁴

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

Did you complete 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

190 – Professional Leadership

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](#)