Increasing the value of individualized experiences by creating opportunities for trainees to develop self-regulated learning skills

APPD Pre-conference Workshop
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Presenters

Kim Gifford  Geisel School of Medicine at Dartmouth
Tai Lockspeiser  University of Colorado
Ann Burke  Wright State University
Franklin Trimm  University of Southern Alabama
Patricia Hicks  Perelman School of Medicine at the University of Pennsylvania

We have not conflicts to disclose
Objectives

1. Describe self-regulated learning using examples from the individualized curriculum

2. Explore opportunities in the context of the individualized curriculum for residents to practice self-regulated learning

3. Create a plan to integrate one of the self-regulated learning activities from the workshop into their approach to the individualized curriculum in their own program
Self-Regulated Learning

Derived from Artino et al 2013
Self-regulated learning: A case study

Sally is a second year resident who will work through the following activities:

1. Self-assessment and ILP
2. Semi-annual review meeting with PD
3. Individualized curriculum rotation #1: work on scholarly activity
4. Individualized rotation #2: develop Emotional Intelligence
5. Individualized curriculum evaluation (reflection)
Self-regulated learning: A case study

For each educational activity in the example:
1. Discuss how the activity promotes SRL
2. Choose the primary SRL skill that your table thinks the activity is fostering
3. Share your table’s “vote” with the large group
Individualized Learning Plan

Sally’s written goals going into her third year

1. Research
2. Emotional Intelligence
Semi-annual review meeting
Individualized Curriculum: Scholarly Activity
Individualized Curriculum: Emotional Intelligence

Emotional Intelligence 360 assessment

Integrative Medicine modules

All resident retreat
Individualized Curriculum Evaluation

Reflect on experiences:
• What did you learn from it?
• What do you wish you had done differently?
• What happened this month that moved you toward your career goals?
Why is facilitation important for reflection?

- Increases depth and breadth of reflection
- Promotes autonomy and can enhance motivation
- Enables learners to practice reflection and goal setting skills
How to facilitate reflection

Purposeful questioning:
1. Open ended
2. Scaffolding
3. Suggestive
Reflection Activity (20min)

What are you doing (or could you do) to foster SRL skills in your residents/fellows?

Use reflection guide

Discuss with a partner
Discussion (30min)

Share some of your (or your partner’s) good ideas about how to foster SRL skills in your trainees.

Explore:
- Reflection
- Forethought
- Practice
What do you want to take home?

Select one enhancement to your program that you would like to take home to help foster SRL skills in your learners.

Let us know what you want to work on.

After the break, we will regroup based on type of enhancement.
Programmatic support for forethought

- Orientation session about goals
- Opportunities for peer support
- Frequent use of goals
- Documentation systems
- Protected time for goals
- Opportunities to match goals to experiences
- Faculty development
Enhancement development

Sketch out your idea using the implementation guide (5-10min)

As a small group (40-45min)
- Each person will briefly share their idea.
- The group will make suggestions for further developing each idea

Write down your final plans (5-10min)
Self-regulated Learning Outcomes

Select 1-2 enhancements at your table

Discuss the potential learner outcomes that you could assess
Large Group Comments

What is the potential of individualized experiences to promote SRL skills?
• Brief sharing of enhancements
• Thoughts?
• Questions?
• Evaluations
Now it’s your turn to practice!