

Fostering Self-directed Learning



Watch the FacDev in 5 Video featuring Dr. Chad Stickrath - Assistant Dean for Medical Education, Post-Clerkship Curriculum



5 KEY TAKEAWAYS

P

Plan Learning

- Help learners identify gaps in their knowledge or skills.
- Guide them in setting effective goals to address those gaps.

L

Learning ESP “Sticky Learning”

- Teach learners to move away from ineffective strategies like cramming or highlighting.
- Promote effective techniques such as:
 - Spaced repetition to reinforce knowledge over time.
 - Interleaving different topics to enhance retention.
 - Quizzing to test recall and understanding.
 - Using multi-sensory cues like music or scents when studying.
 - Embedding knowledge in mental models to deepen understanding.

A

Assess Learning Effectiveness

- Guide learners to assess their progress through quizzes or observed performances.
- Encourage reflection to identify strengths and areas for improvement.

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Adjust Based on Feedback

- Help learners regularly adjust their goals and strategies based on assessments and feedback.
- Foster a mindset of continuous improvement through iterative learning.

Dive Deeper

Improving self-directed learning ability of medical students using the blended teaching method: a quasi-experimental study (BMC Med Educ 2023)

A story half told: a qualitative study of medical students' self-directed learning in the clinical setting (BMC Med Educ 2021)

Self-directed Learning Theory to Practice: A Footstep towards the Path of being a Life-long Learner (J Adv Med Educ Prof 2022)

