

Fostering Self-directed Learning

FacDev in 5 KEY TAKEAWAYS



Watch the FacDev in 5 Video featuring Dr. Chad Stickrath - Assistant Dean for Medical Education, Post-Clerkship Curriculum. tinyurl.com/FD5-SDL

KEY TAKEAWAYS



Use the PLA² four-step process to promote self-directed learning (SDL).

P

Plan Learning

Help learners identify gaps using objective measures, observations, and learner input, and guide them in setting specific, actionable goals.

L

Learn (Choosing Effective Strategies)

Shift learners from low-impact strategies (e.g., cramming, highlighting) to high-impact techniques such as spaced repetition, interleaving, retrieval practice, multisensory cues, and mental models.

A

Assess the Effectiveness of Learning

Support learners in assessing their own progress through quizzes and observation/coaching feedback, identifying strengths and areas for improvement.

A

Adjust Based on Feedback

Encourage learners to iteratively adjust goals and strategies based on self-assessment and feedback, fostering a mindset of continuous improvement.



DIVE DEEPER

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

Lu, S.Y., et. al. Improving self-directed learning ability of medical students using the blended teaching method: a quasi-experimental study (BMC Med Educ 2023).

Lu, T.H., Sullivan, A.M. A story half told: a qualitative study of medical students' self-directed learning in the clinical setting (BMC Med Educ 2021).

