

11/16/2017: Group or Solo Studying: What is more effective for medical students?



MedEd Chat @mededchat10 hours ago

Welcome to the Medical Education chat (US) I am your moderator for the next hour, [@Alliance4ClinEd](#) [#meded](#)



MedEd Chat @mededchat10 hours ago

The topic & questions will be announced in a moment...for now, please introduce yourselves [#meded](#)



Alliance4ClinEd @alliance4clined10 hours ago

RT [@MedEdChat](#): Welcome to the Medical Education chat (US) I am your moderator for the next hour, [@Alliance4ClinEd](#) [#meded](#)



MedEd Chat @mededchat10 hours ago

If you are tuning in to the [#meded](#) chat, remember to use the [#meded](#) hashtag and try to answer with the Topic numbers (T1, T2, T3)



Alliance4ClinEd @alliance4clined10 hours ago

RT [@MedEdChat](#): If you are tuning in to the [#meded](#) chat, remember to use the [#meded](#) hashtag and try to answer with the Topic numbers (T1, T2...



MedEd Chat @mededchat10 hours ago

We will assume that all of your tweets are your own during this hour unless otherwise stated [#meded](#)



Alliance4ClinEd @alliance4clined10 hours ago

[#meded](#) Here is a quick blog post from a few years ago to set the stage for the hour. <https://t.co/4lrFGxpMoP> <https://t.co/LtkoLk74AA>



MedEd Chat @mededchat10 hours ago

RT [@Alliance4ClinEd](#): [#meded](#) Here is a quick blog post from a few years ago to set the stage for the hour. <https://t.co/4lrFGxpMoP> <https://t...>



MedEd Chat @mededchat10 hours ago

Topic 1: What is the most effective way for students to study? [#meded](#)



Alliance4ClinEd @alliance4clined10 hours ago

RT [@MedEdChat](#): Topic 1: What is the most effective way for students to study? [#meded](#)



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago
[@kristinadzara](#) Thanks! I almost forgot! [#meded](#)



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago
RT [@MedEdChat](#): Topic 1: What is the most effective way for students to study? [#meded](#)



Gary Beck Dallaghan [@glbdallaghan](#) 10 hours ago
[@MedEdChat](#) T1 [#meded](#) [#medstudents](#) need to study using as much retrieval practice as possible...something more active than reading notes



Alliance4ClinEd [@alliance4clined](#) 10 hours ago
RT [@GLBDallaghan](#): [@MedEdChat](#) T1 [#meded](#) [#medstudents](#) need to study using as much retrieval practice as possible...something more active than...



Kristina Dzara, PhD [@kristinadzara](#) 10 hours ago
Kristina from Boston checking in for the [#MedEd](#) chat [@MedEdChat](#) [@DrSinhaEsq](#) [@GLBDallaghan](#)



Kristina Dzara, PhD [@kristinadzara](#) 10 hours ago
RT [@MedEdChat](#): Topic 1: What is the most effective way for students to study? [#meded](#)



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago
[@MedEdChat](#) T1 Active recall and processing of information. I hate when someone's only advice to learners is "read more" [#meded](#)



MedEd Chat [@mededchat](#) 10 hours ago
[@kristinadzara](#) [@DrSinhaEsq](#) [@GLBDallaghan](#) [#meded](#) Welcome to the chat!



Joannie Yeh MD [@betamomma](#) 10 hours ago
T1: Depends on student's study style. Don't follow what everyone else is doing, figure out what works for you & ignore the rest of the noise. [#mededhttps://t.co/uV7n0UAKpd](#)



Paul Haidet [@myheroistrane](#) 10 hours ago
Depends on context, purpose, and content. This much is true, though: unless one is actively engaged on a deep level, not much will be retained long term. [#mededhttps://t.co/Ut5EUqcigP](#)



Paul Haidet [@myheroistrane](#) 10 hours ago
RT [@GLBDallaghan](#): [@MedEdChat](#) T1 [#meded](#) [#medstudents](#) need to study using as much retrieval practice as possible...something more active than...



MedEd Chat [@mededchat10 hours ago](#)
[@laurenlicatino](#) T1 [#meded](#) But what if that is what they need to do??



Dr Linda Love [@2lindamlove10 hours ago](#)
[@MedEdChat](#) T1- In a variety of ways- spaced over time- avoid binge/dump cycle. [#meded](#)



Marty Muntz [@mmteacherdoc10 hours ago](#)
T1- I think this is a tough question. Like what kind of shoes should med students wear. Or what should med students eat for dinner. Best answer is different from student to student. [#meded](#)



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)
Lauren from the beautiful state of MN is here for the [#MedEd](#) party



MedEd Chat [@mededchat10 hours ago](#)
[@BetaMomma](#) T1 [#meded](#) How would you practically guide a [#medstudent](#) who is lost?



MedEd Chat [@mededchat10 hours ago](#)
T1 [#meded](#) It's so nice to see you in the chat! <https://t.co/obPqgV7Cp9>



Marty Muntz [@mmteacherdoc10 hours ago](#)
T1- they shouldn't try to study the same exact way they did in undergrad, though. Too much info. Retrieval & application too important. [#meded](#)



Paul Haidet [@myheroistrane10 hours ago](#)
[@MedEdChat](#) [@laurenlicatino](#) It all depends on how one goes about "reading"; the devil is in the details... [#meded](#)



Joannie Yeh MD [@betamomma10 hours ago](#)
[@MedEdChat](#) T1: Problem based learning tends to stick better than lecture based learning. [#meded](#) <https://t.co/4YtmO7LTQq>



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)
[@MedEdChat](#) I think that's a good point but a preponderance of evidence shows that those who learn well by reading alone are a truly rare breed [#meded](#)



Daniel Pepe [@dpepe8810 hours ago](#)
[@MedEdChat](#) dan pepe checking in from London, Ontario [#meded](#)



MedEd Chat [@mededchat10 hours ago](#)

[@mmteacherdoc](#) T1 [#meded](#) So then how would you help them if they came to you questions about how best to study?



MedEd Chat [@mededchat10 hours ago](#)

[@laurenlicatino](#) [#meded](#) Welcome, Lauren!



Courtney Tomblinson, MD [@cmtomblinson10 hours ago](#)

Nothing causes info to "stick" more than a real life encounter or experience. As in many fields, this is also true in [#medicine](#) where each patient a [#medstudent](#) or [#resident](#) encounters is an opportunity to learn while caring for them. [#MedEd](#) <https://t.co/hn1e6G4hPB>



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)

RT [@myheroistrane](#): Depends on context, purpose, and content. This much is true, though: unless one is actively engaged on a deep level, not...



Abhay Dandekar [@abhaydandekar10 hours ago](#)

[@MedEdChat](#) [@BetaMomma](#) Guiding means first understanding learner needs and successful past methods - need self-aware learner and patient effectively listening faculty [#MedEd](#)



Paul Haidet [@myheroistrane10 hours ago](#)

[@mmteacherdoc](#) I think all students should eat Brussels sprouts twice a day [#meded](#)



MedEd Chat [@mededchat10 hours ago](#)

T1 [#meded](#) But what if it is in the pre-clinical phase of the curriculum and the real life encounters aren't there? What then? <https://t.co/QcWdituJW8>



MedEd Chat [@mededchat10 hours ago](#)

RT [@mmteacherdoc](#): T1- they shouldn't try to study the same exact way they did in undergrad, though. Too much info. Retrieval & application...



lisy colón [@lisycolonber10 hours ago](#)

RT [@GLBDallaghan](#): [@MedEdChat](#) T1 [#meded](#) [#medstudents](#) need to study using as much retrieval practice as possible...something more active than...



MedEd Chat [@mededchat10 hours ago](#)

RT [@abhaydandekar](#): [@MedEdChat](#) [@BetaMomma](#) Guiding means first understanding learner needs and successful past methods - need self-aware lear...



Alliance4ClinEd @alliance4clined [10 hours ago](#)

RT @abhaydandekar: @MedEdChat @BetaMomma Guiding means first understanding learner needs and successful past methods - need self-aware lear...



Lauren Licatino, MD @laurenlicatino [10 hours ago](#)

@2LindaMLove @MedEdChat Agreed! Any learning style could make use of spaced repetition #meded



Courtney Tomblinson, MD @cmtomblinson [10 hours ago](#)

@MedEdChat T1 Many med schools have patient-simulation built into early curriculum in the pre-clinical years. This is a student's chance to test out their exam skills, diagnostics, and communication tools. #MedEd



Dr Linda Love @2lindamlove [10 hours ago](#)

T1: I used to see so much highlighting it was worrisome! Still worried in digital notetaking/studying <https://t.co/O5piV4djOh>



Lauren Licatino, MD @laurenlicatino [10 hours ago](#)

RT @BetaMomma: @MedEdChat T1: Problem based learning tends to stick better than lecture based learning. #meded <https://t.co/4YtmO7LTQq>



Joannie Yeh MD @betamomma [10 hours ago](#)

@MedEdChat T1: Great question! Try problem based learning and also narrow down massive forest of info into key defining trees . #meded



MedEd Chat @mededchat [10 hours ago](#)

T1 #meded True....but what if they are feeling so overwhelmed with studying to do well on exams the thought of going to simulations is too much? <https://t.co/Ayxk7slztO>



Marty Muntz @mmteacherdoc [10 hours ago](#)

@MedEdChat Try different methods early & dont pre-judge. Key on methods that correlate with patients. Make it relevant. #meded



Gary Beck Dallaghan @glbdallaghan [10 hours ago](#)

RT @mmteacherdoc: @MedEdChat Try different methods early & dont pre-judge. Key on methods that correlate with patients. Make it relevant. #...



Alliance4ClinEd [@alliance4clined10 hours ago](#)

RT [@mmteacherdoc](#): [@MedEdChat](#) Try different methods early & dont pre-judge. Key on methods that correlate with patients. Make it relevant. #...



Abhay Dandekar [@abhaydandekar10 hours ago](#)

[@dpepe88](#) [@MedEdChat](#) [@BetaMomma](#) Yes ! It's elusive... don't know for sure, but embracing failures as new opportunity had to be a cultural baseline for all ! [#MedEd](#)



Paul Haidet [@myheroistrane10 hours ago](#)

I advise students to do "thought experiments"; play with the content. E.g., "what would happen to SVR if I cross clamped the aorta?" ... etc. [#meded](#)



Dr Linda Love [@2lindamlove10 hours ago](#)

[@MedEdChat](#) T1- Do you see a difference with digital note-taking/studying? [#meded](#)



Alliance4ClinEd [@alliance4clined10 hours ago](#)

[@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) T1 [#meded](#) Do you think the college should provide this service from a central office? Or should it be left to the course director to help?



MedEd Chat [@mededchat10 hours ago](#)

RT [@myheroistrane](#): I advise students to do "thought experiments"; play with the content. E.g., "what would happen to SVR if I cross clamped..."



MedEd Chat [@mededchat10 hours ago](#)

RT [@mmteacherdoc](#): [@MedEdChat](#) Try different methods early & dont pre-judge. Key on methods that correlate with patients. Make it relevant. #...



Dr Linda Love [@2lindamlove10 hours ago](#)

[@MedEdChat](#) T1: Have we moved from highlighting to digital highlighting? [#meded](#)



Daniel Pepe [@dpepe8810 hours ago](#)

[@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) we don't know until we try!! [#meded](#)



MedEd Chat [@mededchat10 hours ago](#)

T1 [#meded](#) Are you talking about notetaking when studying after class or digital notetaking during? <https://t.co/ztjEk78Suq>



Janelle Bludorn @janellerblu [10 hours ago](#)

[@MedEdChat](#) No one “best way” But...see best results in any method that disrupts learners’ default “empty vessel” mindset. T1 [#MedEd](#) [@MedEdChat](#)



Joannie Yeh MD @betamomma [10 hours ago](#)

T1: Once a [#medstudent](#) told me how he tries to understand the process to everything & reason it out. He was average. He was getting lost in the forest. 1/2 [#mededhttps://t.co/XiMlkdMWI4](#)



MedEd Chat @mededchat [10 hours ago](#)

RT [@Alliance4ClinEd](#): [@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) T1 [#meded](#) Do you think the college should provide this service from a central off...



Lauren Licatino, MD @laurenlicatino [10 hours ago](#)

[@MedEdChat](#) I think we can do a lot to council and guide this type of learner who has likely lost focus on the end goal of providing excellent patient care. Tests are important but the patient needs to stay at the center of [#meded](#)



Paul Haidet @myheroistrane [10 hours ago](#)

[@Alliance4ClinEd](#) [@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) [@JenniferMeka](#), our learning specialist, is one of the busiest folks in the entire school. Critical role, IMO. [#meded](#)



Daniel Pepe @dpepe88 [10 hours ago](#)

Preach!!! <https://t.co/OtD2VoP9KM>



Marty Muntz @mmteacherdoc [10 hours ago](#)

[@MedEdChat](#) Simulated encounters, case-based vignettes, other patient stories can be surrogates. We could do better to develop and share high-quality examples in [#meded](#)



Gary Beck Dallaghan @glbdallaghan [10 hours ago](#)

T1 [#meded](#) Which brings up an interesting question of how to guide students to be more efficient in their studying? <https://t.co/i11S8panHK>



Dr Linda Love @2lindamlove [10 hours ago](#)

[@MedEdChat](#) either/both- needs more study in digital age- any takers [#meded](#)?



MedEd Chat @mededchat [10 hours ago](#)

RT [@BetaMomma](#): T1: Once a [#medstudent](#) told me how he tries to understand the process to everything & reason it out. He was average. He was...



MedEd Chat [@mededchat10 hours ago](#)

RT [@JanelleRBlu](#): [@MedEdChat](#) No one “best way” But...see best results in any method that disrupts learners’ default “empty vessel” mindset....



Alliance4ClinEd [@alliance4clined10 hours ago](#)

RT [@JanelleRBlu](#): [@MedEdChat](#) No one “best way” But...see best results in any method that disrupts learners’ default “empty vessel” mindset....



MedEd Chat [@mededchat10 hours ago](#)

RT [@myheroistrane](#): [@Alliance4ClinEd](#) [@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) [@Jennifer Meka](#), our learning specialist, is one of the busiest folk...



MedEd Chat [@mededchat10 hours ago](#)

Topic 2: Given evidence of the importance of retrieval practice, should group studying be encouraged more than solo studying? Why or why not? [#meded](#)



Marty Muntz [@mmteacherdoc10 hours ago](#)

[@2LindaMLove](#) [@MedEdChat](#) Personally I’m a note-taker. Writing helps me remember how typing doesn’t. My iPad Pro w pencil is great for marking up PDFs & slides. [#meded](#)



Alliance4ClinEd [@alliance4clined10 hours ago](#)

Topic 2 now up....is group studying better for recall of material than solo studying? [#meded](#) [@MedEdChat](#) <https://t.co/DFLmFYz5Un>



Gary Beck Dallaghan [@glbdallaghan10 hours ago](#)

RT [@mmteacherdoc](#): [@2LindaMLove](#) [@MedEdChat](#) Personally I’m a note-taker. Writing helps me remember how typing doesn’t. My iPad Pro w pencil i...



Alliance4ClinEd [@alliance4clined10 hours ago](#)

RT [@myheroistrane](#): [@Alliance4ClinEd](#) [@abhaydandekar](#) [@MedEdChat](#) [@BetaMomma](#) [@Jennifer Meka](#), our learning specialist, is one of the busiest folk...



Joannie Yeh MD [@betamomma10 hours ago](#)

T1: So I suggested he focus on a few resources (pretest & case files) and memorize key points (trees) on each topic. I quizzes him on the trees over & over (croup v bronchiolitis, aom bacteria), then expanded. He aced the shelf exam. 2/2 [#meded](#)



Daniel Pepe [@dpepe8810 hours ago](#)

[@MedEdChat](#) encouraging adult learners is tough. We can suggest but I think Learners need good coaches to lean on! [#meded](#)



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago

[@GLBDallaghan](#) This is something I'm very interested in and would love to read others thoughts. The book Make It Stick gives some thought provoking insights [#meded](#)



MedEd Chat [@mededchat](#) 10 hours ago

T1 [#meded](#) Have you identified good coaches at your school? <https://t.co/HwLLfXMsB5>



Stephanie Starr [@stephrstarr](#) 10 hours ago

T2: Not sure if group studying helps retrieval, but may build community and mimic need in medicine to draw from strengths of team members [#MedEd](#)



Dr Linda Love [@2lindamlove](#) 10 hours ago

RT [@phdhpe](#): What is [#gamification](#)? How does it relate to health professional education? I hope that my latest publication provides some in...



Joannie Yeh MD [@betamomma](#) 10 hours ago

T1: Like so many things in life. If it ain't broke, don't fix it. If your current strategy gets you good grades, then keep going. If not, then seek out a different study strategy. [#meded](#) <https://t.co/EjLkY0q37Z>



Alliance4ClinEd [@alliance4clined](#) 10 hours ago

[#meded](#) It's an excellent book. [@BJBRoman](#) told me that Wright State has used it to build their new curriculum <https://t.co/KX6ez6qTBc>



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago

[@MedEdChat](#) T2 I think group studying done in a focused manner is probably best, however there are strategies for a solo learner to employ retrieval practice too [#meded](#)



Paul Haidet [@myheroistrane](#) 10 hours ago

[@laurenlicatino](#) [@GLBDallaghan](#) This book is great, too: <https://t.co/hQnS0vVnXF> [#meded](#)



Lauren Licatino, MD [@laurenlicatino](#) 10 hours ago

RT [@dpepe88](#): [@MedEdChat](#) encouraging adult learners is tough. We can suggest but I think Learners need good coaches to lean on! [#meded](#)



The Med Institute [@themedicineinst](#) 10 hours ago

T1 [#MedEd](#) [@MedEdChat](#) Everyone learns differently - unfortunately [#MedStudents](#) sometimes get pressured into thinking there is only one way to study.



MedEd Chat [@mededchat10 hours ago](#)

RT [@myheroistrane](#): [@laurenlicatino](#) [@GLBDallaghan](#) This book is great, too: <https://t.co/hQnS0vVnXF> [#meded](#)



Abhay Dandekar [@abhaydandekar10 hours ago](#)

RT [@laurenlicatino](#): [@MedEdChat](#) T2 I think group studying done in a focused manner is probably best, however there are strategies for a solo...



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)

[@GLBDallaghan](#) Thanks! I put it in my shopping cart! [#meded](#)



Marty Muntz [@mmteacherdoc10 hours ago](#)

Love this. What I got from group studying in med school wasn't testable. [#meded](#) <https://t.co/h7nQOe4usd>



MedEd Chat [@mededchat10 hours ago](#)

[@laurenlicatino](#) T2 [#meded](#) What sorts of activities can the solo studier do to employ retrieval practice?



Paul Haidet [@myheroistrane10 hours ago](#)

Devil is in the details; if the student is elaborating their knowledge and experiencing, wrestling, and resolving cognitive dissonance, then it's good. Could happen through either route. [#meded](#) <https://t.co/pw5Z3fpKBt>



Gary Beck Dallaghan [@glbdallaghan10 hours ago](#)

RT [@mmteacherdoc](#): Love this. What I got from group studying in med school wasn't testable. [#meded](#) <https://t.co/h7nQOe4usd>



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)

[@MedEdChat](#) What makes a good coach? Do they have training or special skills? [#meded](#)



Dr Linda Love [@2lindamlove10 hours ago](#)

[@MedEdChat](#) T2: If your group pushes you further great! Ground rules may be necessary. [#meded](#)



Stephanie Starr [@stephrstarr10 hours ago](#)

... Agreed! Helped me build my tribe and future colleagues [#meded](#) <https://t.co/IBNKoIrfV5>



MedEd Chat [@mededchat10 hours ago](#)
[@2LindaMLove](#) T2 [#meded](#) What kind of ground rules?



Pradip D Patel [@pradip4peds10 hours ago](#)
RT [@StephRStarr](#): T2: Not sure if group studying helps retrieval, but may build community and mimic need in medicine to draw from strengths...



Alliance4ClinEd [@alliance4clined10 hours ago](#)
RT [@StephRStarr](#): . . . Agreed! Helped me build my tribe and future colleagues [#meded](#) <https://t.co/IBNKoIrfV5>



Gary Beck Dallaghan [@glbdallaghan10 hours ago](#)
RT [@StephRStarr](#): . . . Agreed! Helped me build my tribe and future colleagues [#meded](#) <https://t.co/IBNKoIrfV5>



Paul Haidet [@myheroistrane10 hours ago](#)
[@GLBDallaghan](#) Efficiency is overrated. Deep learning, elaboration takes time. Not all cognitive dissonance is quickly resolved. [#meded](#)



Lauren Licatino, MD [@laurenlicatino10 hours ago](#)
[@BetaMomma](#) I would argue we need to look for more than good grades. I've met a number of people who were great test takers and struggled clinically. I think we need to teach them how to think and learn differently [#meded](#)



Janelle Bludorn [@janellerblu10 hours ago](#)
[@MedEdChat](#) Group study has its place. Solo study: good for learners to gain exposure to learners to breadth of knowledge. Group study: good for learners to explore depth of knowledge.
T2 [#meded](#) [@MedEdChat](#)



Gary Beck Dallaghan [@glbdallaghan10 hours ago](#)
[@myheroistrane](#) [#meded](#) Agreed, but how can you help guide their studying so they aren't getting hung up on a lot of weeds that detract from deep learning?



Courtney Tomblinson, MD [@cmtomblinson10 hours ago](#)
[@MedEdChat](#) T2 A little solo study first goes a long way to make the later group study more effective... ~Irish Proverb [#MedEd](#)



Dr KirikRad [@drlighthunter10 hours ago](#)
RT [@cmtomblinson](#): Nothing causes info to "stick" more than a real life encounter or experience. As in many fields, this is also true in [#me](#)...



Janelle Bludorn @janellerblu [10 hours ago](#)

[@MedEdChat](#) Group study has its place. Solo study: good for learners to gain exposure to breadth of knowledge. Group study: good for learners to explore depth of knowledge. T2 [#meded](#) [@MedEdChat](#)



The Med Institute @themedicineinst [10 hours ago](#)

[@MedEdChat](#) [@laurenlicatino](#) T2 [#meded](#) The most basic method I think would be to just answer practice questions, flashcards also seem to fit the process of retrieval practice [@MedEdChat](#)



Joannie Yeh MD @betamomma [10 hours ago](#)

T2: Index cards- did them on the bus/train, stationary bike!! Also, I learn best by doing questions, that's why my favorite two series to study with for my clerkships were case files & pretest. [#meded](#) <https://t.co/9aL5koqMxj>



Paul Haidet @myheroistrane [10 hours ago](#)

Agreed, and competition makes this worse. Brings up the whole issue of whether to have grades or not. [#meded](#) [#MakeUSMLEpassfail](#) <https://t.co/0Y51wIICcC>



MedEd Chat @mededchat [10 hours ago](#)

RT [@JanelleRBlu](#): [@MedEdChat](#) Group study has its place. Solo study: good for learners to gain exposure to breadth of knowledge. Group stud...



Lauren Licatino, MD @laurenlicatino [10 hours ago](#)

[@MedEdChat](#) Question banks, mind mapping, concept mapping, reflective writing...I'm sure there are more but that's off the top of my head [#meded](#)



Paul Haidet @myheroistrane [10 hours ago](#)

RT [@StephRStarr](#): T2: Not sure if group studying helps retrieval, but may build community and mimic need in medicine to draw from strengths...



Pradip D Patel @pradip4peds [10 hours ago](#)

[@StephRStarr](#) T2: we had a team of 3, the "brain trust", we weren't necessarily the smartest, but we never failed, we learned a lot and 25 yrs later, we are still bonded [#MedEd](#)



MedEd Chat @mededchat [10 hours ago](#)

T2 [#meded](#) And who doesn't love an Irish Proverb? <https://t.co/pKIN4Q03Lp>



MedEd Chat @mededchat [10 hours ago](#)

RT [@BetaMomma](#): T2: Index cards- did them on the bus/train, stationary bike!! Also, I learn best by doing questions, that's why my favorite...



Jennifer Meka, PhD [@jennifermeka10 hours ago](#)

RT [@DrSarahEM](#): Understanding how to be a better learner can make you a better teacher. Excellent talk by [@Jeff_Riddell](#) on 11 strategies fo...



Nupur Verma [@nverma2110 hours ago](#)

[@MedEdChat](#) T2: subvocalization while solo studying can be just as effective as vocalization in group learning - either way it is important to "speak up" /rehearsal for memory [#meded](#)



Marty Muntz [@mmteacherdoc10 hours ago](#)

RT [@laurenlicatino](#): [@BetaMomma](#) I would argue we need to look for more than good grades. I've met a number of people who were great test tak...



Gary Beck Dallaghan [@glbdallaghan10 hours ago](#)

RT [@Pradip4Peds](#): [@StephRStarr](#) T2: we had a team of 3, the "brain trust", we weren't necessarily the smartest, but we never failed, we learn...



Alliance4ClinEd [@alliance4clined10 hours ago](#)

RT [@Pradip4Peds](#): [@StephRStarr](#) T2: we had a team of 3, the "brain trust", we weren't necessarily the smartest, but we never failed, we learn...



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RT [@laurenlicatino](#): [@MedEdChat](#) Question banks, mind mapping, concept mapping, reflective writing...I'm sure there are more but that's off t...



Paul Haidet [@myheroistrane](#) 10 hours ago

RT [@GLBDallaghan](#): [@myheroistrane](#) [#meded](#) Agreed, but how can you help guide their studying so they aren't getting hung up on a lot of weeds...



Dr Linda Love [@2lindamlove](#) 10 hours ago

RT [@myheroistrane](#): [@laurenlicatino](#) [@GLBDallaghan](#) This book is great, too: <https://t.co/hQnS0vVnXF> [#meded](#)



The Med Institute [@themedicineinst](#) 10 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Group study has its place. Solo study: good for learners to gain exposure to breadth of knowledge. Group stud...



Stephanie Starr [@stephrstarr](#) 10 hours ago

And I love this story! My group helped me puzzle through the mystery of the nephron. . [#meded](#) <https://t.co/k2DaucsNiW>



Alliance4ClinEd [@alliance4clined](#) 10 hours ago

RT [@laurenlicatino](#): [@MedEdChat](#) Question banks, mind mapping, concept mapping, reflective writing...I'm sure there are more but that's off t...



Paul Haidet [@myheroistrane](#) 10 hours ago

Teach them how to ask good, deep questions. This is a skill that can be learned. [#meded](#) <https://t.co/m9nh31ownT>



Terry Kind, MD MPH [@kind4kids](#) 10 hours ago

How about group studying in [#medschool](#) via twitter, here? [@MedEdChat](#) [#meded](#)



Paul Haidet [@myheroistrane](#) 10 hours ago

RT [@StephRStarr](#): And I love this story! My group helped me puzzle through the mystery of the nephron. . [#meded](#) <https://t.co/k2DaucsNiW>



Joannie Yeh MD [@betamomma](#) 10 hours ago

[@laurenlicatino](#) I meant good grades as in being able to apply the knowledge on the wards too. True, good test scores doesn't translate into critically thinking a about differential dx and treatment plan. [#meded](#)



MedEd Chat [@mededchat](#) 10 hours ago

[@nverma21](#) T2 [#meded](#) Do you recommend vocalizing that is elaborating on material? I've advised students who simply read their notes aloud, which is not the same as retrieval or elaboration.



MedEd Chat @mededchat10 hours ago

RT @myheroistrane: Teach them how to ask good, deep questions. This is a skill that can be learned. #meded <https://t.co/m9nh31ownT>



Alliance4ClinEd @alliance4clined10 hours ago

RT @myheroistrane: Teach them how to ask good, deep questions. This is a skill that can be learned. #meded <https://t.co/m9nh31ownT>



Nupur Verma @nverma2110 hours ago

@MedEdChat T1: Being a student =finding your own "most effective way". No most effective way which applies to all. By grad/med school should be developed & tested 4effectiveness + efficiency...then honed #meded



Gary Beck Dallaghan @glbdallaghan10 hours ago

RT @Kind4Kids: How about group studying in #medschool via twitter, here? @MedEdChat #meded



Alliance4ClinEd @alliance4clined10 hours ago

RT @Kind4Kids: How about group studying in #medschool via twitter, here? @MedEdChat #meded



MedEd Chat @mededchat10 hours ago

RT @Kind4Kids: How about group studying in #medschool via twitter, here? @MedEdChat #meded



Lauren Licatino, MD @laurenlicatino10 hours ago

@myheroistrane Any good ideas/resources on how to teach the art of asking questions? #meded



Paul Haidet @myheroistrane10 hours ago

Yup, it has to go through your brain to count. #meded <https://t.co/LajeKDiMr7>



Gary Beck Dallaghan @glbdallaghan10 hours ago

T2 #meded This book gives 5 essential questions that could be adapted for just that purpose Wait, What? by James E. Ryan <https://t.co/dhCII2bdE3> via @harpercollins<https://t.co/DixKWfBwvf>



Stephanie Starr @stephrstarr10 hours ago

Beyond Bloom's taxonomy? #MedEd <https://t.co/zYCnGRSdGt>



Alliance4ClinEd @alliance4clined10 hours ago

RT @GLBDallaghan: T2 #meded This book gives 5 essential questions that could be adapted for just that purpose Wait, What? by James E. Ryan...



Marty Muntz [@mmteacherdoc9 hours ago](#)

[@BetaMomma](#) I did index cards in undergrad. Tried in med school. Completely overwhelmed by sheer volume of content. Glad I was able to shift. [#meded](#)



Abhay Dandekar [@abhaydandekar9 hours ago](#)

[@laurenlicatino](#) [@myheroistrane](#) Question games are good - ie cultivating further inquiry through group refinement of a question or responding to a question by always asking a new one. [#meded](#)



Alliance4ClinEd [@alliance4clined9 hours ago](#)

[#meded](#) T2 Bloom's also has a great array of questions that could be asked <https://t.co/UbwhjLYMzV>



Lauren Licatino, MD [@laurenlicatino9 hours ago](#)

[@nverma21](#) [@MedEdChat](#) What I think is challenging is the evidence that suggests learners of all levels often have very poor insight into what is most effective learning strategy [#meded](#)



MedEd Chat [@mededchat9 hours ago](#)

RT [@nverma21](#): [@MedEdChat](#) T1: Being a student =finding your own "most effective way". No most effective way which applies to all. By grad/m...



Paul Haidet [@myheroistrane9 hours ago](#)

[@laurenlicatino](#) We do a critical thinking course to practice habits of mind related to good questions: curiosity, open mindedness, intellectual humility, balanced skepticism, metacognition. [#meded](#)



Lauren Licatino, MD [@laurenlicatino9 hours ago](#)

RT [@GLBDallaghan](#): T2 [#meded](#) This book gives 5 essential questions that could be adapted for just that purpose Wait, What? by James E. Ryan...



MedEd Chat [@mededchat9 hours ago](#)

RT [@abhaydandekar](#): [@laurenlicatino](#) [@myheroistrane](#) Question games are good - ie cultivating further inquiry through group refinement of a qu...



MedEd Chat [@mededchat9 hours ago](#)

Topic 3: Metacognition includes a critical awareness of a) one's thinking and learning and b) oneself as a thinker and learner. To help students realistically reflect on their study practices, what advice would you give? [#meded](#)



Paul Haidet [@myheroistrane9 hours ago](#)

RT [@abhaydandekar](#): [@laurenlicatino](#) [@myheroistrane](#) Question games are good - ie cultivating further inquiry through group refinement of a qu...



BEL20VE @banawanahmed9 hours ago

RT @Kind4Kids: How about group studying in #medschool via twitter, here? @MedEdChat #meded



Alliance4ClinEd @alliance4clined9 hours ago

T3 #meded @laurenlicatino started leading into this. How can we help learners become better at metacognition? Do they reflect on their own thinking? <https://t.co/yApGc5H9Lg>



MedEd Chat @mededchat9 hours ago

RT @Alliance4ClinEd: T3 #meded @laurenlicatino started leading into this. How can we help learners become better at metacognition? Do the...



Nupur Verma @nverma219 hours ago

Agree, difference between reading out loud (string of words/oration/4 audience) vs. phological-loop ~ discussing (subvoc) when reading/rationalization to yourself. ex: close your eyes & subvoc recipe for

baking cookies ;) #meded <https://t.co/uRzxY3TF4L>



Joannie Yeh MD @betamomma9 hours ago

@Kind4Kids @MedEdChat I think the best way we can encourage studying via tweets is to tell test-

bound students to stay AWAY from twitter #meded



COMSEP @comsepediatrics9 hours ago

RT @StephRStarr: Beyond Bloom's taxonomy? #MedEd <https://t.co/zYCnGRSdGt>



Paul Haidet @myheroistrane9 hours ago

Use testing rubrics where students are scored not only for the right answer, but for being well calibrated about what they do and do not know. #meded<https://t.co/bqEP2YlwuM>



MedEd Chat @mededchat9 hours ago

T3 #meded I've actually encouraged #medstudents to read practice questions and write out what they're thinking as they answer them.



COMSEP @comsepediatrics9 hours ago

Like the @COMSEPediatrics community #meded <https://t.co/1Jbm4JiPjI>



Alliance4ClinEd @alliance4clined9 hours ago

RT @COMSEPediatrics: Like the @COMSEPediatrics community #meded <https://t.co/1Jbm4JiPjI>



Lauren Licatino, MD [@laurenlicatino9 hours ago](#)

[@MedEdChat](#) Ooh that's a tough one. I think I would ask them to reflect how/if their learning strategy helps them to identify and address gaps in knowledge [#meded](#)



Gary Beck Dallaghan [@glbdallaghan9 hours ago](#)

RT [@myheroistrane](#): Use testing rubrics where students are scored not only for the right answer, but for being well calibrated about what th...



Stephanie Starr [@stephrstarr9 hours ago](#)

RT [@COMSEPEdiatrics](#): Like the [@COMSEPEdiatrics](#) community [#meded](#) <https://t.co/1Jbm4JiPjI>



Marty Muntz [@mmteacherdoc9 hours ago](#)

Love this "parallel" concept. Reinforce. Support. Question each other. Share resources. Teach each other. [#meded](#) [@MedicalCollege](#) <https://t.co/3pGX0ArZHH>



COMSEP [@comsepediatrics9 hours ago](#)

RT [@MedEdChat](#): Topic 3: Metacognition includes a critical awareness of a) one's thinking and learning and b) oneself as a thinker and learn...



Tirath Patel [@tirathpatelmd9 hours ago](#)

RT [@cmtomblinson](#): Nothing causes info to "stick" more than a real life encounter or experience. As in many fields, this is also true in [#me](#)...



Paul Haidet [@myheroistrane9 hours ago](#)

[@JanelleRBlu](#) [@laurenlicatino](#) Could be either... [#meded](#)



Alliance4ClinEd [@alliance4clined9 hours ago](#)

RT [@mmteacherdoc](#): Love this "parallel" concept. Reinforce. Support. Question each other. Share resources. Teach each other. [#meded](#) [@Medical](#)...



Lakshman Swamy [@laxswamy9 hours ago](#)

RT [@laurenlicatino](#): [@nverma21](#) [@MedEdChat](#) What I think is challenging is the evidence that suggests learners of all levels often have very p...



Joannie Yeh MD [@betamomma9 hours ago](#)

T3: As an attending, I feel that it's my role to give frequent feedback. That's a chance for the student to reflect, do their impressions match mine. What can they do differently to meet my expectations. [#meded](#) <https://t.co/AI5OPLgOYO>



Gary Beck Dallaghan @glbdallaghan9 hours ago

[@MedEdChat](#) T3 [#meded](#) When elaborating on what they're learning they can use notes to check if they were on the right path. Gives them a chance to see where thinking went off course.



Janelle Bludorn @janellerblu9 hours ago

[@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coaching my students to "play professor" and state what THEY would ask someone on an exam and then organize their studying based on this. T3 [#MedEd](#) [@MedEdChat](#)



Gary Beck Dallaghan @glbdallaghan9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



MedEd Chat @mededchat9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



Alliance4ClinEd @alliance4clined9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



MedEd Chat @mededchat9 hours ago

RT [@BetaMomma](#): T3: As an attending, I feel that it's my role to give frequent feedback. That's a chance for the student to reflect, do thei...



Alliance4ClinEd @alliance4clined9 hours ago

RT [@BetaMomma](#): T3: As an attending, I feel that it's my role to give frequent feedback. That's a chance for the student to reflect, do thei...



Marty Muntz @mmteacherdoc9 hours ago

Would love to learn more about this![#meded](#) <https://t.co/wth7DOSI8H>



Paul Haidet @myheroistrane9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



Lauren Licatino, MD @laurenlicatino9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



Gary Beck Dallaghan @glbdallaghan9 hours ago

RT @myheroistrane: @laurenlicatino We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



Alliance4ClinEd @alliance4clined9 hours ago

RT @myheroistrane: @laurenlicatino We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



MedEd Chat @mededchat9 hours ago

RT @myheroistrane: @laurenlicatino We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



Ian Pereira @ianjpereira9 hours ago

@laurenlicatino @MedEdChat No expert, but when there is a status change I revisit the logic that led me there and where I may have gone astray. Help helps. #MedEd



MedEd Chat @mededchat9 hours ago

@IanJPereira @laurenlicatino T3 #meded Did you come by this on your own or did you receive coaching/guidance by others to make it a habit?



Ian Pereira @ianjpereira9 hours ago

RT @myheroistrane: Use testing rubrics where students are scored not only for the right answer, but for being well calibrated about what th...



Alliance4ClinEd @alliance4clined9 hours ago

T3 #meded Are metacognitive skills different for #medstudents on clinical assignments vs. in the classroom? Why?



Dink Jardine, MD @dinkjardine9 hours ago

@MedEdChat T3: ive given learners specific books “make it stick: the science of successful learning” then asked how it applied or didn’t. N=2, one read and enjoyed, one was unimpressed and didn’t read #meded



Janelle Bludorn @janellerblu9 hours ago

@myheroistrane @laurenlicatino To clarify my Q: A learner’s objective in asking a Q is to clarify/gain knowledge. An educator’s objective in asking a Q is to clarify/assess knowledge. There is an art to asking each of these distinct objective-based Qs. #MedEd



MedEd Chat @mededchat9 hours ago

RT @dinkjardine: @MedEdChat T3: ive given learners specific books “make it stick: the science of successful learning” then asked how it ap...



MedEd Chat [@mededchat9 hours ago](#)

RT [@Alliance4ClinEd](#): T3 [#meded](#) Are metacognitive skills different for [#medstudents](#) on clinical assignments vs. in the classroom? Why?



Dr Linda Love [@2lindamlove9 hours ago](#)

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



Gary Beck Dallaghan [@glbdallaghan9 hours ago](#)

RT [@dinkjardine](#): [@MedEdChat](#) T3: ive given learners specific books “make it stick: the science of successful learning” then asked how it ap...



Dr Linda Love [@2lindamlove9 hours ago](#)

RT [@myheroistrane](#): [@laurenlicatino](#) We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



Paul Haidet [@myheroistrane9 hours ago](#)

RT [@JanelleRBlu](#): [@myheroistrane](#) [@laurenlicatino](#) To clarify my Q: A learner's objective in asking a Q is to to clarify/gain knowledge. An...



Ian Pereira [@ianjpereira9 hours ago](#)

[@MedEdChat](#) [@laurenlicatino](#) Perhaps on my own, but validated by peers and preceptors (some of which may have shared the same thoughts) [#MedEd](#) T3



Ian Pereira [@ianjpereira9 hours ago](#)

[@MedEdChat](#) [@laurenlicatino](#) Help helps - trust & communication between peers & supervisors helped me quickly recognize (& realize) areas of improvement [#MedEd](#)T3



Daniel Pepe [@dpepe889 hours ago](#)

[@SharonBal8](#) [@harvardmacy](#) [@kristinadzara](#) upcoming [#some](#) superstar! Watch out [@McMasterFamMed](#) ! [#meded](#)



Nupur Verma [@nverma219 hours ago](#)

T3: 1st Advice: Reflect on this. Most students (I was) r 2 absorbed while trying to learn ...to invest time to max learning efficiency and effectiveness. [#mededhttps://t.co/Jpq51s9tTk](https://t.co/Jpq51s9tTk)



MedEd Chat [@mededchat9 hours ago](#)

RT [@nverma21](#): T3: 1st Advice: Reflect on this. Most students (I was) r 2 absorbed while trying to learn ...to invest time to max learning e...



Paul Haidet [@myheroistrane9 hours ago](#)

Sometimes learners focus on "just give me the facts" in the name of efficiency. We need to help them discover the fallacy of this line of thought. [#MedEd](#)



MedEd Chat [@mededchat9 hours ago](#)

Well, we have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#)



MedEd Chat [@mededchat9 hours ago](#)

RT [@myheroistrane](#): Sometimes learners focus on "just give me the facts" in the name of efficiency. We need to help them discover the fallac...



Gary Beck Dallaghan [@glbdallaghan9 hours ago](#)

RT [@myheroistrane](#): Sometimes learners focus on "just give me the facts" in the name of efficiency. We need to help them discover the fallac...



Alliance4ClinEd [@alliance4clined9 hours ago](#)

RT [@myheroistrane](#): Sometimes learners focus on "just give me the facts" in the name of efficiency. We need to help them discover the fallac...



Shreya P. Trivedi MD [@shreyatrivedimd9 hours ago](#)

[@MedEdChat](#) As educators, we have to model [#reflection](#) and how we [#deliberately](#) make time for it. On floors, I try to make sure I build in some time for it, even if it's "What did u get out of today? And if there is anything u would like do differently tmrw?" [#MedEd](#)



Gary Beck Dallaghan [@glbdallaghan9 hours ago](#)

RT [@ShreyaTrivediMD](#): [@MedEdChat](#) As educators, we have to model [#reflection](#) and how we [#deliberately](#) make time for it. On floors, I try to m...



Alliance4ClinEd [@alliance4clined9 hours ago](#)

RT [@ShreyaTrivediMD](#): [@MedEdChat](#) As educators, we have to model [#reflection](#) and how we [#deliberately](#) make time for it. On floors, I try to m...



MedEd Chat [@mededchat9 hours ago](#)

RT [@ShreyaTrivediMD](#): [@MedEdChat](#) As educators, we have to model [#reflection](#) and how we [#deliberately](#) make time for it. On floors, I try to m...



Ian Pereira [@ianjpereira9 hours ago](#)

[@JanelleRBlu](#) [@MedEdChat](#) [@Metacog1](#) And in clinic I often ask students questions on topics I (have an I liking of) but am unsure about. Lateralizes shared learning. [#MedEd](#) T3



Ian Pereira [@ianjpereira9 hours ago](#)

[@JanelleRBlu](#) [@MedEdChat](#) [@Metacog1](#) And in clinic I may ask students about topics I (have an inkling of but) am unsure about. Lateralizes shared lifelong learning. [#MedEd](#) T3



MedEd Chat [@mededchat9 hours ago](#)

That's a wrap...I will be posting the archive on [@alliance4clined](#) in the coming week. Thanks everyone for participating [#meded](#)



Dr Linda Love [@2lindamlove9 hours ago](#)

[@MedEdChat](#) T3: Build in pause points to check if you are really “learning” - “filing” - “retrieving” or just going through the motions. Metacognition reading notes times [#meded](#)



MedEd Chat [@mededchat9 hours ago](#)

This is a reminder there will be no chat next week on Thanksgiving Day. We will resume on November 30th [#meded](#)



MedEd Chat [@mededchat9 hours ago](#)

RT [@2LindaMLove](#): [@MedEdChat](#) T3: Build in pause points to check if you are really “learning” - “filing” - “retrieving” or just going through...



MedEd Chat [@mededchat9 hours ago](#)

RT [@IanJPereira](#): [@JanelleRBlu](#) [@MedEdChat](#) [@Metacog1](#) And in clinic I may ask students about topics I (have an inkling of but) am unsure about...



Ian Pereira [@ianjpereira9 hours ago](#)

[@ShreyaTrivediMD](#) [@MedEdChat](#) CT: Hard to model reflection with so little time & constant pressures to be more efficient ("prioritize"). A clear way forward? [#MedEd](#)



Dink Jardine, MD [@dinkjardine9 hours ago](#)

RT [@2LindaMLove](#): [@MedEdChat](#) T3: Build in pause points to check if you are really “learning” - “filing” - “retrieving” or just going through...



Teresa Hartman [@thartman2u9 hours ago](#)

RT [@GLBDallaghan](#): T2 [#meded](#) This book gives 5 essential questions that could be adapted for just that purpose Wait, What? by James E. Ryan...



Teresa Hartman [@thartman2u9 hours ago](#)

RT [@ShreyaTrivediMD](#): [@MedEdChat](#) As educators, we have to model [#reflection](#) and how we [#deliberately](#) make time for it. On floors, I try to m...



Teresa Hartman [@thartman2u](#) 9 hours ago

RT [@myheroistrane](#): [@laurenlicatino](#) We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



Teresa Hartman [@thartman2u](#) 9 hours ago

RT [@JanelleRBlu](#): [@MedEdChat](#) Went to a transformative talk by Sandra McGuire ([@Metacog1](#)) on this very topic. Ever since, I've been coachi...



Teresa Hartman [@thartman2u](#) 9 hours ago

RT [@myheroistrane](#): [@laurenlicatino](#) [@GLBDallaghan](#) This book is great, too: <https://t.co/hQnS0vVnXF> [#meded](#)



Shreya P. Trivedi MD [@shreyatrivedimd9](#) 9 hours ago

[@IanJPereira](#) [@MedEdChat](#) By model: I make it a priority to take 5 mins at start of rotations to explicitly have each member share in safe environment their learning strategies- that leads to lots of ongoing reflections/talks at various times naturally as a team [#MedEd](#)



Melanie Lybarger [@melanielybarger9](#) 9 hours ago

RT [@myheroistrane](#): [@laurenlicatino](#) We do a critical thinking course to practice habits of mind related to good questions: curiosity, open m...



Ian Pereira [@ianjpereira9](#) 9 hours ago

[@myheroistrane](#) [@laurenlicatino](#) Would love to hear more of this (rubric/objectives?). Creativity/curiosity to dig deep seems oft sacrificed to timelines of practice [#MedEd](#)



Shreya P. Trivedi MD [@shreyatrivedimd9](#) 9 hours ago

[@IanJPereira](#) [@MedEdChat](#) In order to facilitate megacognition in learners, we need to create an environment that facilitates and prioritizes that [@MedEdChat#Meded](#)



Ian Pereira [@ianjpereira9](#) 9 hours ago

[@laurenlicatino](#) [@myheroistrane](#) [@simonsinek](#)'s many "whys" come to mind. With time limitations, may be a balance of solo learning, direct questions, & prioritization? [#MedEd](#)