

2018-12-06: Fostering a Mindset of Lifelong Learning

The following links were shared during the chat:

- 4 phases to making goal of lifelong physician learner a reality
<https://wire.ama-assn.org/education/4-phases-making-goal-lifelong-physician-learner-reality>
- Lifelong learning along the education and career continuum: meta-analysis of studies in health professions
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5611424/>
- Assessing Physicians' Orientation toward Lifelong Learning
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1831612/>
- Strategies for Improving Learner Metacognition in Health Professional Education
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5468716/>
- Make It Stick <https://www.retrievalpractice.org/make-it-stick/>
- Mindset <https://mindsetonline.com/whatisit/about/>



MedEd Chat [@MedEdChat](#) 9 hours ago

Welcome to the [#mededchat](#) (US) I am your moderator for the next hour
[@alliance4clined](#) [#meded](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

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



Brenda Roman [@BJBRoman](#) 9 hours ago

Checking in from Chicago with [@admsep](#) Council [#mededchat](#)
<https://t.co/0to9insBnB>



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@MedEdChat](#) Gary here...signing in from Chicago tonight! [#mededchat](#) [#meded](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@BJBRoman](#): Checking in from Chicago with [@admsep](#) Council [#mededchat](#)
<https://t.co/0to9insBnB>



ADMSEP [@admsep](#) 9 hours ago

[@BJBRoman](#) [@MedEdChat](#) They should all be signed on to [@Twitter](#) tonight for [#mededchat](#)!



MedEd Chat [@MedEdChat](#) 9 hours ago

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



MedEd Chat [@MedEdChat](#) 9 hours ago

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



MedEd Chat [@MedEdChat](#) 9 hours ago

Topic 1: Lifelong learning is described as an attribute involving self-initiated activities and information-seeking skills with motivation to learn and recognize one's own learning needs. How is this taught? [#mededchat](#) [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

T1 [#mededchat](#) [@BillCutrerMD](#) approaches it as master adaptive learning....planning, learning, assessing, and adjusting <https://t.co/GOdIYZ9uyk>



Emily Fridenmaker [@emily_fri](#) 9 hours ago

[@MedEdChat](#) A1: Enthusiasm for learning is contagious--you need good role models as a learner to catch that. [#mededchat](#) [#meded](#)



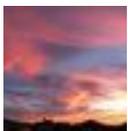
Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@emily_fri](#) [@MedEdChat](#) T1 [#mededchat](#) Do you think [#meded](#) does a good job exemplifying that enthusiasm?



Dani Firman [@danifirman](#) 9 hours ago

RT [@MedEdChat](#): Topic 1: Lifelong learning is described as an attribute involving self-initiated activities and information-seeking skills w...



Paul Haidet [@myheroistrane](#) 9 hours ago

As [#teachers](#), our job is to create the conditions that maximize the chances that learners will discover what they need to learn and the motivation to do so. Socrates said we should do that with important, beautiful questions. Writing them is the hard part. [#meded](#) [#mededchat](#)



Dr. Sateesh Arja [@ArjaSateesh](#) 9 hours ago

[@MedEdChat](#) [#mededchat](#) T1 Any self-directed learning opportunities in the curriculum like PBL, journal clubs, and EBM courses can foster information seeking skills. Even unscheduled hours also can encourage self-directed learning [#meded](#)



Alliance4ClinEd [@Alliance4ClinEd](#) 9 hours ago

T1 [#mededchat](#) From this study it seems that students, residents, and attending physicians have orientations toward lifelong learning. Maybe we need to work ensuring we don't burst enthusiasm for it. <https://t.co/rgODNozlws>



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@GLBDallaghan](#): T1 [#mededchat](#) [@BillCutrerMD](#) approaches it as master adaptive learning....planning, learning, assessing, and adjusting ht...



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@Alliance4ClinEd](#): T1 [#mededchat](#) From this study it seems that students, residents, and attending physicians have orientations toward lif...



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@myheroistrane](#): As [#teachers](#), our job is to create the conditions that maximize the chances that learners will discover what they need t...



Adam Hoverman DO [@ahoverman](#) 9 hours ago

RT [@myheroistrane](#): As [#teachers](#), our job is to create the conditions that maximize the chances that learners will discover what they need t...



Brenda Roman [@BJBRoman](#) 9 hours ago

T1. [#mededchat](#) [#meded](#) creating a culture early in medical school is essential



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@ArjaSateesh](#) [@MedEdChat](#) T1 Do you think the success of PBL is dependent on the facilitator? [#medstudents](#) often just want an answer....not understanding the goal is critically think and explore. How do you help faculty be better at this process?

[#mededchat](#) [#meded](#)



Alliance4ClinEd [@Alliance4ClinEd](#) 9 hours ago

[@BJBRoman](#) T1 How do you suggest doing that? [#mededchat](#)



Terry Kind, MD MPH [@Kind4Kids](#) 9 hours ago

Model that we medical educators look things up to learn and teach and serve patients, not driven by an exam. [#mededchat](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@Kind4Kids](#): Model that we medical educators look things up to learn and teach and serve patients, not driven by an exam. [#mededchat](#)



Emily Fridenmaker [@emily_fri](#) 9 hours ago

[@GLBDallaghan](#) [@MedEdChat](#) T1: I can think of several specific attendings who do, but I think it's not the majority. It really is the key to being an effective teacher and creating curious and engaged learners/future docs and teachers. Twitter docs do a good job though. [#selectionbias#mededchat](#) [#meded](#)



Jessica G.Y. Luc, MD [@JessicaLuc1](#) 9 hours ago

[@MedEdChat](#) T1: [#twitter](#) is a great forum for life long learning and engaging in high quality scientific discussions on the latest breakthroughs and research in the field [#meded](#) [#SoMe](#) [#mededchat](#) [#cme](#)



Jessica G.Y. Luc, MD [@JessicaLuc1](#) 9 hours ago

RT [@JessicaLuc1](#): [@MedEdChat](#) T1: [#twitter](#) is a great forum for life long learning and engaging in high quality scientific discussions on the...



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@JessicaLuc1](#): [@MedEdChat](#) T1: [#twitter](#) is a great forum for life long learning and engaging in high quality scientific discussions on the...



Cari Motuzas [@CariMotuzas](#) 9 hours ago

RT [@myheroistrane](#): As [#teachers](#), our job is to create the conditions that maximize the chances that learners will discover what they need t...



Dani Firman [@danifirman](#) 9 hours ago

[@MedEdChat](#) A1: I would suggest an experiential learning that simulate on implementing those steps. [#mededchat](#) [#MedEd](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@danifirman](#) [@MedEdChat](#) T1 [#mededchat](#) Do you have any specific ideas about how you simulate that? Have you seen examples in the literature about it?



Brenda Roman [@BJBRoman](#) 9 hours ago

[@Alliance4ClinEd](#) T1 [#mededchat](#) [#meded](#). A flipped classroom model that requires students to read textbooks and do literature reviews. Do not spoon feed! Patients do not come with signs as to how to care for them!



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@BJBRoman](#): [@Alliance4ClinEd](#) T1 [#mededchat](#) [#meded](#). A flipped classroom model that requires students to read textbooks and do literature r...



Dr. Sateesh Arja [@ArjaSateesh](#) 9 hours ago

[@GLBDallaghan](#) [@MedEdChat](#) [#meded](#) T1 I agree with you. facilitator play an important role in the success of PBL. The facilitator is a spectator and can help the students only when students can't define their own learning objectives for a particular case. Faculty should be trained by workshops [#mededchat](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

Topic 2: What steps can be taken to enhance learners' abilities to identify their gaps in knowledge, skills and/or attitudes? [#mededchat](#) [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

T2 More deliberate focus on teaching metacognitive skills is needed
<https://t.co/SNoh05urFk> [#mededchat](#) [#meded](#)



Dr. Sateesh Arja [@ArjaSateesh](#) 9 hours ago

[@MedEdChat](#) [#meded](#) T1 self-assessment through formative assessments along with the faculty feedback also promote the self-regulated learning. Self-assessment and self-regulated learning are expected outcomes of higher education [#mededchat](#)



Paul Haidet [@myheroistrane](#) 9 hours ago

T2: students have to want to learn, and so do we. We can role model the growth mindset, and this is a key ingredient in [#Meded](#). [#mededchat](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@ArjaSateesh](#): [@MedEdChat](#) [#meded](#) T1 self-assessment through formative assessments along with the faculty feedback also promote the self-r...



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@GLBDallaghan](#): T2 More deliberate focus on teaching metacognitive skills is needed <https://t.co/SNoh05urFk> [#mededchat](#) [#meded](#)



Brenda Roman [@BJBRoman](#) 9 hours ago

[@GLBDallaghan](#) [@WSUBoonshoftSOM](#) requires that students read Make It Stick to help the students understand that many of the ways they “learned” in undergrad were ineffective. T2. [#mededchat](#) [#meded](#)



Terry Kind, MD MPH [@Kind4Kids](#) 9 hours ago

Have a meaningful dashboard of student performance for self review and review with coaches or mentors [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@myheroistrane](#) T2 Wouldn't you agree that we also need to have a culture in [#meded](#) that allows [#medstudents](#) freedom to be wrong? Fear of appearing to not know prevents them from honest appraisal of their abilities. [#mededchat](#)



Alliance4ClinEd [@Alliance4ClinEd](#) 9 hours ago

[@Kind4Kids](#) T2 Would you recommend this be done with an academic coach? [#mededchat](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@BJBRoman](#): [@GLBDallaghan](#) [@WSUBoonshoftSOM](#) requires that students read Make It Stick to help the students understand that many of the way...



Gary Beck Dallaghan [@GLBDallaghan](#) 9 hours ago

[@BJBRoman](#) [@WSUBoonshoftSOM](#) What about Mindset? Do you think that would help as well? <https://t.co/nP2ifNyMbB> [#mededchat](#) [#meded](#)



MedEd Chat [@MedEdChat](#) 9 hours ago

RT [@GLBDallaghan](#): [@BJBRoman](#) [@WSUBoonshoftSOM](#) What about Mindset? Do you think that would help as well? [#...](https://t.co/nP2ifNyMbB#mededchat)



Brenda Roman [@BJBRoman](#) 8 hours ago

[@GLBDallaghan](#) [@myheroistrane](#) Most definitely. We need to foster a safe environment in which to fail or admit that one does not know. We do this partly through peer instruction in our [#lectureless](#) curriculum [@WSUBoonshoftSOM](#) [#mededchat](#) [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

[@BJBRoman](#) [@myheroistrane](#) [@WSUBoonshoftSOM](#) Have you researched the impact of peer instruction on [#medstudent](#) learning? Just curious if you've identified changes in [#medstudent](#) behaviours based on this process. [#mededchat](#)



Dr. Sateesh Arja [@ArjaSateesh](#) 8 hours ago

[@MedEdChat](#) [#meded](#) Kolb's reflective and experiential learning can foster the students to identify their gaps in skills and attitudes. I also encourage peer-assessment which can promote the skills of students to identify the gaps. T2 [#mededchat](#)



Brenda Roman [@BJBRoman](#) 8 hours ago

[@GLBDallaghan](#) [@myheroistrane](#) [@WSUBoonshoftSOM](#) We are in the process of doing so. Most students are now saying that they don't learn enough in sessions in which faculty talk too much [#mededchat](#) [#Meded](#)



MedEd Chat [@MedEdChat](#) 8 hours ago

Topic 3: How do we foster the appropriate mindset to perceive [#feedback](#) and self-reflection as opportunities to be the best doctor possible? [#mededchat](#) [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

[@MedEdChat](#) T3 This question points directly at the need for role modeling of the behaviours we want in our [#medstudents](#) [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

[@MedEdChat](#) T1 One question comes to mind about this. Does the preceptor's mindset influence that of the student? Thoughts? [#mededchat](#)



Dr. Sateesh Arja [@ArjaSateesh](#) 8 hours ago

[@MedEdChat](#) [#meded](#) T3 As long as we provide the effective, specific, and timely feedback, then feedback can be perceived well by the students [#mededchat](#)



Paul Haidet [@myheroistrane](#) 8 hours ago

T3: I sometimes worry that we spend too much energy teaching folks how to GIVE feedback and not enough on how to RECEIVE feedback [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

[@ArjaSateesh](#) [@MedEdChat](#) T3 Why are faculty members so timid about giving [#feedback](#) that is specific and actionable? [#mededchat](#)



MedEd Chat [@MedEdChat](#) 8 hours ago

RT [@myheroistrane](#): T3: I sometimes worry that we spend too much energy teaching folks how to GIVE feedback and not enough on how to RECEIVE...



MedEd Chat [@MedEdChat](#) 8 hours ago

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



Dr. Sateesh Arja [@ArjaSateesh](#) 8 hours ago

RT [@GLBDallaghan](#): [@ArjaSateesh](#) [@MedEdChat](#) T3 Why are faculty members so timid about giving [#feedback](#) that is specific and actionable? [#mede...](#)



Carrie Bowler [@cabowler1](#) 8 hours ago

[@myheroistrane](#) We actually have do workshops to focus on the giving and receiving of feedback [#mededchat](#)



MedEd Chat [@MedEdChat](#) 8 hours ago

Join us again next week at 9 pm Thursday. Don't forget to suggest topics by DM or email [#meded](#) [#mededchat](#)



Brenda Roman [@BJBRoman](#) 8 hours ago

[@myheroistrane](#) And how to effectively develop an action plan to improve from that feedback [#MedEdChat](#) [#meded](#)



MedEd Chat [@MedEdChat](#) 8 hours ago

That's a wrap...I will post the [#mededchat](#) transcript tomorrow morning on <https://t.co/mJivoKroXx> on the Resources page. Thanks everyone for participating! [#meded](#)



Dr. Sateesh Arja [@ArjaSateesh](#) 8 hours ago

[@GLBDallaghan](#) [@MedEdChat](#) [#meded](#) I think main reason is lack of knowledge on how to give feedback. This can be corrected by training and faculty development activities on how to provide specific, corrective, and actionable feedback. [#mededchat](#)



Carrie Bowler [@cabowler1](#) 8 hours ago

[@GLBDallaghan](#) [@myheroistrane](#) I think it is also in the art of facilitating discussion and the intent in [#meded](#) [#mededchat](#)



Jigar Contractor [@JigsyMD](#) 8 hours ago

RT [@myheroistrane](#): T3: I sometimes worry that we spend too much energy teaching folks how to GIVE feedback and not enough on how to RECEIVE...



Derek Monette, MD [@DerekMonetteMD](#) 8 hours ago

[@MedEdChat](#) A3: I try to create psych safety first w/ short anecdote of a mistake I've made. I relate the mistake to feedback I'm about to give. It (hopefully) reminds the learner that we are all human + improving, & feedback = for growth, not assessment. [#MedEdChat](#) [#MedEd](#)



Dr Julie Johnstone [@juliecjgraham](#) 7 hours ago

RT [@MedEdChat](#): Topic 3: How do we foster the appropriate mindset to perceive [#feedback](#) and self-reflection as opportunities to be the best...



Sara Donetto [@SaraDonetto](#) 5 hours ago

RT [@myheroistrane](#): T3: I sometimes worry that we spend too much energy teaching folks how to GIVE feedback and not enough on how to RECEIVE...



Sara Donetto [@SaraDonetto](#) 5 hours ago

RT [@myheroistrane](#): As [#teachers](#), our job is to create the conditions that maximize the chances that learners will discover what they need t...



Lonika Sood, MD, MHPE [@sood_lonika](#) 4 hours ago

[@GLBDallaghan](#) [@ArjaSateesh](#) [@MedEdChat](#) I have often thought about this in CBL... anecdotally students perceive that they learn better with a clinician [#MedEdChat](#)



Lonika Sood, MD, MHPE [@sood_lonika](#) 4 hours ago

[@MedEdChat](#) T1: through apprenticeship [#mededchat](#)



Lonika Sood, MD, MHPE [@sood_lonika](#) 4 hours ago

[@GLBDallaghan](#) [@ArjaSateesh](#) [@MedEdChat](#) A3: not well practiced in the field... how many of us have received smart and actionable feedback as attendings [#mededchat](#)
[#hiddencurriculum](#)