

Reflective Practice and Personal Development

Students must demonstrate habits of analyzing cognitive and affective experiences that result in the identification of learning needs, leading to the integration and synthesis of new learning; they must also demonstrate habits of analyzing experiences that affect their well-being, productive relationships with groups and individuals, and self-motivation and limitations.

Learning Categories	End of Phase A	End of Phase B	End of Phase C
Personal Assessment (RP1)	<ul style="list-style-type: none"> • Can accept and respond appropriately to suggestions/constructive criticisms of performance* • Demonstrates the use of self-assessment and reflection skills as an important component of one's own growth and development • Uses self-assessment to identify gaps in knowledge and skill sets and finds an approach to fill such gaps 	<ul style="list-style-type: none"> • Can accept and respond appropriately to suggestions/constructive criticisms of performance including changing when necessary and discarding inappropriate feedback • Demonstrates the use of self-assessment and reflection skills for growth and development • Uses self-assessment to identify gaps in knowledge and skill sets and finds an approach to fill such gaps 	<ul style="list-style-type: none"> • Can accept and respond appropriately to suggestions/constructive criticisms of performance including changing when necessary and discarding inappropriate feedback (8.1) • Demonstrates the use of self-assessment and reflection skills for growth and development (8.1) • Uses self-assessment to identify gaps in knowledge and skill sets and finds an approach to fill such gaps (8.1) • Can give a balanced description of personal performance in a comfortable and skillful manner
Time Management (RP2)	<ul style="list-style-type: none"> • Can develop realistic plans and timelines to achieve desired outcomes • Can refine and implement correction to timelines when appropriate • Can implement corrective actions/changes to correct deficiencies and/or promote personal growth (8.1, 8.4) 		
Stress/Wellness Management	<ul style="list-style-type: none"> • Works to identify a passion within the field of medical practice • Able to identify an outlet for personal stress and anxiety (8.2) • Is able to identify the signs, symptoms and triggers of personal stress and anxiety • Capable of developing a personalized program for physical/mental health (8.2) 		

(RP3)	<ul style="list-style-type: none"> • Can recognize and identify when to seek help 		
Conflict Resolution (RP4)	<ul style="list-style-type: none"> • Demonstrates open-mindedness to the opinions of others and can articulate opinions in a non-confrontational manner* • Can effectively lead a team as well as be a team participant • Can effectively negotiate and delegate as needed to resolve a conflict and/or complete a team project 	<ul style="list-style-type: none"> • Demonstrates open-mindedness to the opinions and approaches of others • Can articulate opinions in a non-confrontational manner • Recognizes and puts into practice methods to diffuse confrontational situations between team members and/or patient/family members and the patient care team • Can effectively negotiate with patients to gain cooperation in the medical plan of treatment 	<ul style="list-style-type: none"> • Demonstrates open-mindedness to the opinions and approaches of others (8.3) • Can articulate opinions in a non-confrontational manner (8.3) • Can formulate strategies to diffuse confrontational situations between team members and/or patient/family members and the patient care team (8.3) • Can effectively negotiate with patients/family members to gain cooperation in the medical plan of treatment