



Project Title: Thinking About Learning: Enhancing Self-Directed Learning Opportunities via Effective Reflection

Project Summary *(150 words maximum)*

Educators know how valuable reflection can be in learning processes, yet students often struggle with the requisite skills and motivation for this work. Thus, we propose to engage students to work with instructors to improve reflective elements of a second-year course in Medicine. These elements are: (1) a previously piloted unit on reflective writing; and (2) online resources designed for shared reflection. Our challenges are clear: We must help students understand the value of reflection in learning and professional practice, and we must draw students to reflective discussions that do not feel mandated or forced. The unit will use a workshop approach featuring examples of reflective writing in professional practice, and will provide students an opportunity to refine their skills. Online, students will initiate one reflective discussion per term, and take part weekly throughout each term. Outcomes can be applied to a multitude of environments in which reflection enhances learning.