

## Instructions for all PCM 1 Reflection Papers

These instructions apply to all mentor reflection projects and the service reflection project.

The purpose of a reflection/self-analysis project is to introduce you to a framework which can help you develop some of the self-analysis skills you will need to grow both professionally and personally as a life-long student of medicine.

In the past, some students have focused on describing the activity performed. A reflection is challenging you to go much deeper by asking you to describe how you grew from the activity, and how it is helping to shape your life.

To help you with this, below is a list of possible questions to answer in your reflection papers.

### **Requirement:**

All reflection/self-analysis papers will be at least one-page typed. **You should answer a minimum of 4 questions from the following list:** at least 2 from the “Personal Development Questions” and at least 2 from the “Professional Development Questions”.

### **Personal Development Questions:**

1. Whom did you encounter in this activity? What did you learn from this person or about this person?
2. What surprised you?
3. What touched you?
4. What inspired you?
5. What part of this encounter came easily to you? What not so easily?
6. What connection did you discover between your head and your heart during this encounter? Did what took place encourage your developing sense of personal belief, however you name the reality of belief and faith in your life?

### **Professional Development Questions:**

7. What skills did you display in this encounter or similar activities?
8. What did you like about how you performed, behaved, or reacted in this situation?
9. Are the professional behaviors and clinical skills you displayed congruent with

the type of physician you hope to become?

10. What professional skills do you think need further development?
11. Are you pleased with your professional development at this point? What additional experiences do you think would be helpful in developing the professional skills you wish to have?
12. Do you feel you are becoming the physician you wish to be? The one you set out to become when you first wanted to be a doctor?