

## Instructions for PCM 1 Final Reflection Paper

Throughout the course of PCM-1 you will have multiple encounters that allow you to experience medicine outside of the classroom and from new perspectives; with a 3<sup>rd</sup> year medical student and with a physician preceptor. At the end of the academic year, you will be required to write a **reflection paper** to be uploaded to Sakai Assignments as part of your final evaluation.

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 activities performed. A reflection is challenging you to go much deeper by asking you to describe how you grew from the various activities, and how they have helped to shape your life.

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

### **Requirement:**

Drawing upon each of your clinical experiences throughout the academic year (Physician preceptor and student mentor), please write on the following.

### **RFLCT: A Rubric for Reflection at Stritch**

Reflection draws on key principles in Ignatius' *Examen* in an effort to ground our practice in the religious tradition of our institution in a way that renders it accessible in a non-religious context.

**R: RECALL** an experience. Spend 5-10 minutes before writing to contemplate the experience.

*These experiences may include but are not limited to: physician preceptor and student mentor requirements.*

**F: FORMULATE** a summary. Be objective and include key "facts of the case." Paint a picture of the key players in the experience. Identify the feelings that you have while reflecting upon and reviewing this experience. Emphasize the bright spots of the experience and the not-so bright, or dark spots.

**L: LEARN** from the successes and shortcomings you experienced. Through reflection, you should develop a clearer understanding of who you are becoming. The feelings surfaced in the previous step should tell you where you have room for growth and where you are succeeding and doing well. What knowledge and skills have you seen, either in yourself or others?

**C: CHANGE and T: TRANSITION** by identifying one area or action step for growth, development, and improvement. You may focus on something that did not go well or build on a moment that went particularly well.

*This step will be most rewarding if you can identify some area the PCM-1 curriculum addressed this year.*