



**Due: May 4 or 5, 2016**

### **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 multiple new perspectives; with a 3<sup>rd</sup> year medical student, with a physician preceptor, and through a service-learning project of your choice. At the end of the academic year, you will be required to write a reflection paper to be handed in to your facilitator, (and added to your “Portfolio” on LUMEN), 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, student mentor, and service learning project), please answer some of the following questions. **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”.

There is no minimum page or spacing requirement. However, to adequately cover each of your experiences, your paper will likely be around 4-6 pages. **In your reflection please be sure to comment on how each of these experiences: physician preceptor, student mentor, chaplain mentor and the service learning project, have contributed to your personal and professional growth.** You may reflect on each individual activity separately, or integrate them when answering questions from the list below.

#### **Personal Development Questions:**

1. Whom did you encounter in your 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 the 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?