

## Goals and Aspirations, A Self-Directed Learning Activity

### (A “SMART GOAL” alternative for AY2025-2026)

Based on feedback and suggestions during AY25, (both student and facilitator input) rather than using a traditional rubric for a SMART Goal, we will try out an alternate format.

Jot down a few ideas about your strengths, weaknesses, and things you are working on as a physician-in-training. Try to incorporate things in which PCM2 may provide opportunities to both use your strengths and help you improve. (We suggest one to two pages at most.)

Enter your reflection page into Sakai under the appropriate assignment. **This initial reflection should be created and submitted by Friday, August 15, 2025. Keep a copy handy in your own files for later review.**

When we reach the mid-course review with facilitators, return to your original ideas and reflect on them and consider the questions below. Consider:

- *What surprised you thus far as an M2 in medical school?*
- *What touched you?*
- *What inspired you?*
- *Do you feel you are becoming the physician and person you wish to be?*
- *How do you think you might use your experiences to mold the remainder of your pre-clerkship years through PCM2?*

No need to write this mid-course reflection out but do provide a copy of your original ideas to your facilitator.

The mid-course review with your facilitators, in addition to feedback on PCM2 activities, should include a brief discussion on how things are going toward meeting your goals.

Then at the end of the course, we will again ask you to revisit your original goals.