



MSC Medical  
Schools  
Council

General  
Medical  
Council

## Achieving good medical practice: summer break competition 2018

**Reflection empowers doctors to learn, develop and improve their practice throughout their careers. How does this translate to you as a medical student?**

*'At its core, reflection is thinking about what you've done, what you did well and what you could do better next time. To do this, you need to think about what effect your actions have on yourself and on others, including patients and colleagues, across all aspects of your education and training.'*

*Achieving good medical practice*

But what does this mean for medical students?

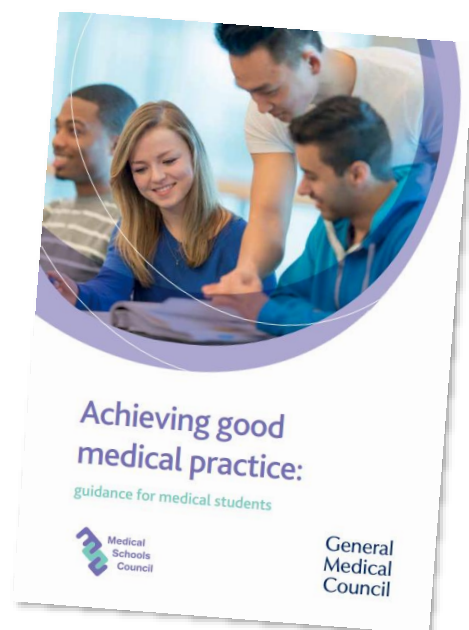
- Could reflecting on what happens during your course make you a better doctor in clinical practice?
- How does reflection help your personal health and wellbeing?
- Should the way you are taught reflection as students change as you progress into practice?

## Design a session to explore these issues

We would like you to create a teaching session that will engage your peers in a conversation about reflection, focusing on one of three themes;

- Coursework, assessments and academic life
- Interactions with patients, peers and professionals on placement
- Health and wellbeing

The session should help other students understand what the joint GMC and MSC student professionalism guidance, [Achieving good medical practice](#), says on these matters, and give them three take home points.



## What are we looking for?

- A short training session (we suggest 15 – 20 minutes).
- You should explore one of the given themes, linking the content of your session back to *why* reflection is important for medical students.
- Your session can be any format that you think would work: a workshop, quiz, roleplay, debate, or anything interesting and engaging!
- Entries are welcomed from individuals or groups of up to six students (unfortunately this competition is not open to students graduating in 2018).

To get you thinking, you can see the sessions from last year's winner and runners up on [our website](#).

## What's in it for you?

- The winning entry will be awarded a £300 high street voucher.
- Two runner up entries will be awarded a £100 high street voucher.
- The winning session will be shared with all UK medical schools as a teaching resource.
- The winner will also have the opportunity to blog about their experience in *GMC student news*. You can find [last year's winner's blog here](#).

## How to enter

- Fill in your details on the next page and provide a maximum of 250 words, sharing your thoughts on why reflection is important for medical students.
- Create a plan of your session – this should be detailed enough for us to understand how the session would run, what would be covered and what the three take home messages are. Include any slides, handouts, media or other resources you would use in the session.
- You have until **Sunday 9 September** to submit your form and session plan to [Student@gmc-uk.org](mailto:Student@gmc-uk.org)
- We will assess entries on their accuracy in interpreting the guidance, learning objectives, whether they are engaging, innovative, in the 'spirit of the guidance' and finally, if they meet the brief.
- The winner and runners up will be announced in *GMC student news* in November.

## More information about reflection

These are some possible resources about reflection to get you started – we hope they are helpful.

[Examples of reflection](#). GMC

[Improving feedback and reflection to improve learning. A practical guide for trainees and trainers \(PDF\)](#). Academy of Medical Royal Colleges

[Reflective writing as an agent for change](#) (with top ten tips for writing reflections). BMJ

## Entry form

Please complete the details of the people within your team:

	Name	Medical school	Year of study
Student 1			
Student 2			
Student 3			
Student 4			
Student 5			
Student 6			

From the guidance about reflection in *Achieving good medical practice*, and your own personal experiences, why is this important for medical students? (Maximum of 250 words)

**Please also attach a plan of your session.** This should be detailed enough for us to understand how the session would run, what would be covered and what the three take home messages are. Include any slides, handouts, media or other resources you'd use.