

# Know Yourself Away Day

- at Hemingford Grey House - Wednesday 28<sup>th</sup> Sept

9.00	Registration	
9.15	Complete Honey and Mumford Questionnaire	Please fill in these questionnaires as you arrive
9.30	Introduction to the day	
9.35	Divide into learning style groups Activists, Pragmatists, Theorists, Reflectors	If you are on border between different learning styles please join the smaller group
9.40	Brainstorm favoured learning methods, resources, using eportfolio to your advantage. Develop suggestions for VTS programme Each group to produce a written synopsis of the discussion for other like-minded	
10.45	Coffee	
11.00	Discussion about the value of each hospital job on the rotation with aim of creating a top tips guide for each specialty. Base discussion on abbreviated curriculum statements and RCGP top tips document	Divide into rotation groups
12.45	Lunch	
13.45	For those still in hospital posts: Talk from Kevin Walsh re optimising the educational value of your hospital posts ET- to facilitate	For those who have finished hosp posts: Group discussion to develop suggestions for VTS spring and summer term CG – to facilitate
14.45	Treasure Hunt	Divide into final GP placement groups (see below)
15.45	Tea	
16.00	Dressing the Part – communicating through what you wear Top Tips from Image Consultant Mary Blackhurst-Hill	

## Learning Styles – Workshop within groups of like-minded learners

(9.40 – 11.00)

### a) Brainstorm your preferred methods of study

Pool ideas on how you personally like to keep up to date

Which external resources do you prefer? Think about journals, books, podcast, elearning and courses

How can trainees with your learning style best learn from members of the extended primary care team?

How could the VTS afternoons adapt to your learning needs?

What sort of tutorials work well for learners like you?

What formats of medical education do you find least useful?

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How do you like to record new learning? How do you ensure material you have come across informs your consulting?

Which parts of the eportfolio would you have found most useful as a trainee? How would you have adapted the use of the eportfolio to your learning style?

Which parts of the eportfolio would you have found least useful?

### b) Write a synopsis

It would be good to produce written guidance on how trainees with your learning style prefer to study.

Please include

- learning resources that you favour
- tips on the most effective use of your eportfolios
- what you would want your trainers to bear in mind when facilitating your learning
- how to overcome the things you find difficult.
- pet hates in the way you are taught
- how you would like VTS sessions to be run

## Optimising the potential of your hospital posts

(11.15 – 12.45)

Rotation A.	Rotation B	Rotation C	Rotation D
Rheumatology ITP	Palliative Care ITP	Community Paediatrics	Extra GP placement
Eyes/ENT	Orthopaedics	Psychiatry	Psychiatry
Paediatrics	Paediatrics	Accident and Emergency	Elderly Medicine
Medicine	Medicine	Medicine	Medicine
Obstetrics and Gynaecology	Obstetrics and Gynaecology	Obstetrics and Gynaecology	Obstetrics and Gynaecology
Shalini, Damien, Becca, Kirsty, Jaideep, Kishore, Shivani, Anna, Sarjan, Zohra	Mohamed, Friya, Catherine, Venka, Zarko, Annika, Hazel, Annaliesa, Greg	Amara, Uma, Atch, Vivek, Muritela, Andre, Uju, Emma, Sarket	Tom, Hemisha, Inti, Neil, Kate, Shue
Facilitator - Emma	Facilitator - Lynda	Facilitator -	Facilitator - Clare

Your task as a group is to develop a 'Top Tips' guide to each of the post which we would hope to post on the WestCams website for you to refer to at the start each post

Please appoint

- chairman
- Scribe
- Someone to edit 'abbreviated curriculum statements' for each specialty so that it reflects what can be realistically covered in each post.
- Someone to draw on/edit the RCGP top tips specialty guide
- Someone to refer to the ITP job descriptions

You will need to crack on as you will only have 20 minutes per specialty. Please start with the specialties unique to your rotation. Think about important skills to learn, useful clinics to attend, relevant meetings, how to optimise in house teaching, how to overcome frustrations. Be realistic about how to be proactive in your learning while providing the required service commitment

## Team-building Treasure Hunt

<b>Huntingdon</b>	<b>St Ives</b>	<b>St Neots</b>	<b>Fens plus</b>
Acorn, Priory Fields	Spinney, Cromwell Place, Alconberry	Cedar House, Eaton Socon, Buckden, Kimbolten	Ramsey, Chatteris, Papworth
Atch, Tom, Hemisha, Kishore, Shivani, , Andre, Inti, Sarjan, Hazel,	Rebecca, Uma, Zarko, Annika Emma, Shue, Sasket, Kate	Kirsty, Mohammed, Friya, Muritala, Greg, Uju, Neil, Zorha	Damien, Catherine, Amara, Jaideep, Venka, Vivek, Anna, Annaliesa
9	8	8	8