Introducing Effective Learning Strategies to First-Year Students

University of Illinois College of Medicine Rockford
Background

- Goal of our programming
  - Science of learning
  - Connection of resources
  - Managing a new level of material

- Why Team-Based Learning (TBL)?
  - Collaboration and engagement
  - Interactive student-led discussion

- 1st year medical students
  - Class size: 50-55

- Rural Medicine and Urban Health Programs
Process of TBL

Pre-work

Readiness Assurance Process
IRAT and TRAT

Application
Exercise 1

Application
Exercise 2

Conclusion and ongoing follow-up
Application Exercise-Key Principles

- While many of these examples could work, we want to demonstrate the importance using the research from the science of learning to be effective.

- Item D highlights using questions, which many people use as a testing effect tool, but can be used for space repetition, learning, and gap filling.

- Identifying different ways to see and engage with the material.

- Utilizing community (faculty, staff and students) helps student enhance learning and feel supported.

- Study plans should be completed based on the individual and requires ongoing reflection.
# Ongoing support and reinforcement of concepts

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<th>Summer Book Club</th>
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<td>Has been offered for 2 years (average about 25 students per year)</td>
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<td>Optional 4-week discussion series focused on chapters in the book, <em>Make it Stick: The Science of Successful Learning</em></td>
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<td>Collaborative activity with students, staff, and faculty as facilitators</td>
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<th>Study Strategies Boot Camp</th>
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<td>Led by Peer Educators and student leaders</td>
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<td>Provides details on how to access and use specific study resources</td>
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<th>Curricular Elements</th>
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<td>Learning plans-review study goals and exam performance in each block</td>
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<td>Learning Specialist team provides individualized feedback to help student engage in metacognition and reinforce study planning based on the science of learning</td>
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Outcomes

- 74% found the TBL session very effective or extremely effective (n=88)
  
  “The TBL session was useful in better understanding how to formulate my study plans.”
  ~Feedback from Fall 2021 Orientation

- 97% would recommend the book club to other students
Consideration for implementation

- Partnerships are key
  - Including faculty and students add to programming
- Adaptability-Sessions should be adapted based on the number of students
  - Start with academic programs or courses within your organization
  - Adapt strategies based on teaching methods used in the classroom
- Space out activities to reinforce concepts
- Focus on individualized study planning and resources
Acknowledgements


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