

Active Learning Tip Sheet for Students



WELCOME to the Hackensack Meridian School of Medicine from the Office of Medical Education!

The SOM has an *active learning curriculum* that gives you the skills of *Complex Learning*. Evidence shows that active learning helps students achieve learning outcomes better than pure lecture. Medical school requires complex learning – there are many levels and types of content and skills to be acquired and performed competently. You will also need to take what you learn, integrate it, and apply it in new and different settings throughout your career. The SOM's active learning curriculum is designed to help you achieve what you will need to have a successful lifelong career in medicine.

To prepare you for the active learning we have at the SOM, we have compiled this tip sheet. If you follow these techniques you should have less stress in trying to understand the material, greater mastery and retention, greater confidence, and ultimately the ability to provide the highest quality of patient care.

**Don't wait!
Dive right in &
complete your
pre-work!**



Your pre-work is not recommended—it is required content you need to learn to follow and engage with the in-class material. You will have pre-work for most learning activities such as Team-based Learning, Large Group Active Learning, Small Groups, and Labs. If you are having difficulty scheduling time to complete the pre-work, reach out to a learning specialist. If you are struggling to comprehend some of the difficult concepts, it is helpful to form a study group!

Stay Engaged

Whether you are in class on the IHS Campus or taking classes online, it is essential that you engage with the material, with your faculty, and with other students. For example, look up those things that you do not know using reliable sources and share these with other students. Participate in class discussions. Use the time in class for efficient learning: fully participate in activities, take notes, critically think about the content and how it is connected to the other concepts that you are learning.



**Create your
questions
& ask**



One of the best ways to stay engaged in your learning is to ask questions. If you have questions about the pre-work or content discussed in class, ask your questions in class – chances are your peers have the same questions.

**Use your
session
& course
objectives to
guide you**



Your session objectives are your GPS for learning—they will guide you to focus on important content to learn. Review them first alongside your pre-work. If you have questions about an objective, ask the faculty or course director as soon as possible.

**Don't shortcut
—complete all
activities**



While you may be tempted to skip some of the learning activities, please remember that each one has been carefully designed to help you learn and grow as a medical student and to become the great physicians we expect you to be. Be sure to complete them

Be patient and open to the process! Learning in medical school is a challenge and can also be fun!

ONLINE LEARNING NETIQUETTE

We cannot wait to meet you and work with you in person! In the meantime, as long as we are learning online, we would like you to use these online learning guidelines. Of course, all active learning tips on the other side of this page, are also applicable.



Our Online Learning Platform



Zoom will be used for remote online classes and best practices will be reviewed during Orientation. Prior to Orientation, please download the Zoom App, log-in, and practice using the features –

<https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-onWindows-and-Mac>

You will be given a link and phone number for each of your online classes. You are expected to attend each of these classes. You will have instructions during Orientation on how to use Zoom.

For Large Group Active Learning Sessions



- Please use your registered SOM name when logging in. When you are speaking, you are expected to turn your camera on and unmute yourself.
- You can use either the computer audio or your phone audio. Note: If both types of audio are activated, you will get an echo and distortion feedback. If this happens, turn off one of the audio settings.

For Small Groups and Breakout Groups in Large Group Active Learning



- You will keep your camera on at all times (except if you need to take a break).
- See the note above about the audio setting.

Other Tips



- Try to set up and log-in early. Find a quiet location, away from areas that will be distracting for you (both noise and visual).
- Once you are settled, do not move around with your camera on. This can be distracting for everyone else on Zoom who can see you. If you must take a break, step away, or move your location, turn your camera off temporarily.

Submitting Assignments

Please upload assignments to Leo (our Learning Management System (LMS)) as instructed by your course director or Office of Medical Education course coordinator.



Other Software & Online Programs

Your course faculty may choose to use other programs, such as discussion forums or online quiz software. Please follow the instructions of the course faculty.



We look forward to “seeing” you in Zoom!