

LEARNING PLAN GUIDELINES:

Objective: Now that you have reflected on your strengths and areas for improvement, you are ready to create your learning plan. You may choose to continue working on competency standards you addressed in a previous learning plan, or you may wish to focus on new competency standards based on recent evaluations. You will use your plan to discuss the areas you want to improve and the strategies you plan to employ. In every mentor meeting, you will review your progress in achieving your learning goals. If you have an existing learning plan, please review it and update or change it to reflect the progress you've made toward your goals.

Step 1: Consider the competencies you wrote about in the Reflections section of this form. For your learning plan, select two competency **standards** for which you will develop learning plans. These standards may be either areas in which you are in need of improvement, or areas in which you are already strong, but would like to excel. **If you continue to focus on competency standards from your previous learning plan, you must discuss the progress you've made and identify new goals for your current learning plan.**

Step 2: Craft your learning plan.

- a. From the drop-down menu, select the competency standard you would like to address.
- b. In the text box, state your **goal** for the standard you want to improve. Goals must be **specific, achievable, and measurable.**

EXAMPLE: My goal is to arrive 5 minutes early to each lab and to complete the reading no later than the night before.

- c. What **specific strategies** will you employ to address each of the areas you want to improve?

EXAMPLE: In order to arrive 5 minutes early to each lab, I will set my alarm earlier, and I will place my alarm clock across the room so that I have to get up in order to turn it off; In order to complete the reading in advance, I will set aside an hour to study anatomy the evening before.

- d. How will you know that you've achieved your goal? How will you **measure** your goal?

EXAMPLE: I will track in my anatomy notebook when I complete the reading and what time I arrive to each lab. This will help me to monitor my progress and stay on-track. At the end of each course, I will read carefully my peer reviews and faculty reviews to look for comments regarding my preparation and punctuality.