



MEDICAL EDUCATION  
SCHOLARSHIP CENTRE

## Medical Education Scholarship Forum Proceedings

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### Critical reflection in medical education

**Stephen Shorlin, Medical Education Scholarship Centre**

**Background/rationale:** Critical reflection is the exercise of thinking about one's practice, closely examining it, and ultimately become the best practitioner possible. When it comes to the practice of medical education, critical reflection is a process that many teachers either do not have time for or that they have never considered incorporating. But critical reflection is vital in order for a teacher to ensure that his or her teaching is being done as effectively as possible and to identify learning needs and areas for improvement. It is especially important in medical education where the time and type of teaching may be sporadic, and evaluations are often not available on all the teaching that one may perform. It is then up to the concerned teacher to find other ways to examine his or her own teaching. **Objectives:** Workshop participants will (a) be able to define critical reflection in the field of medical education; (b) be able to use several tools to critically reflect on their own teaching; (c) be able to use several tools to gain feedback from learners about their teaching; and (d) be able to develop a plan for implementing critical reflection in their own teaching. **Teaching Methods:** (1) PowerPoint overview; (2) individual exercises using critical reflection tools; (3) small-group discussion using critical reflection tools; (4) feedback from small groups to large group; (5) short writing exercises.