

# COURSE SYLLABUS

## *Learning techniques & strategies in medical school*

**Course offered by:** Physiology and Bio-chemistry department

**Credit info:** 1 credit (ECTS)

**Registration:** via NEPTUN

**Type:** "C" elective

**Total number of classes:** 12

**Class hours:** 2x45 min lessons/week **on Thursdays between 12:15 pm – 2:00 pm**

**Format:** interactive workshop (lectures and discussions)

**Attendance:** mandatory

**Grading plan:** on 1 to 5 scale (Final grade consist of attendance (10%) class participation (60%) final project assignment (30%))

**Course is offered:** both fall and spring terms

**Text and required supplies:** No textbook is required. Notes/slides/recommended online readings will be assigned.

**Pre-requisite:** none (Spring course is primarily available for 1<sup>st</sup> and 2<sup>nd</sup> year veterinary students in the German program or with permission for students in the English program or for students with inactive status)

**Instructor:** Mr. Levente Somogyi

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**Course web page:** <http://www.mentalhub.hu/course1.html>

**Location:** Magyary-Kossa Lecture Hall

### **Course description:**

The course is designed for 1st year student in veterinary school with little or no background in applied study methods and learning techniques. International students at UNIVET self-report high levels of stress not having appropriate studying tools that adequately prepare students for synthesizing large quantities of academic materials in short periods of times. A mental health survey conducted in 2014 at UNIVET showed over 70% of students struggle with academics potentially leading to mental and emotional problems at some points in their studies.

Current course aims to provide both specific theoretical and practical skills to cope with studying alone or also in group format in the following areas: information-processing, monitoring progress, self-assessment, deeper understanding of self-discipline, prevention of academic burn-out through proper self-care techniques, time-management skills sensitive to individual needs.

Because we are individually wired differently (regarding information processing) affecting the styles of learning, current course offers deeper assessment of personal traits and preferences via online testing further fostering self-knowledge and self-awareness.

| Date                         | Topic/class meetings   |
|------------------------------|--|
| 02.14.<br>12:15 pm – 2:00 pm | Psychological factors involved in learning, getting familiar with self-testing, recognizing mental difficulties and the limits of personal learning styles. (Completing various preference assessments on line or in paper format) |
| 02.21.<br>12:15 pm – 2:00 pm | Introducing applied learning techniques used in medical schools. The analysis of personal learning preferences based on self-administered tests. Group discussion about findings and results.                                      |
| 02.28.<br>12:15 pm – 2:00 pm | Planning studies, the assessments of influencing factors, time-management skills. The making of a week long study plan based on the methods introduced in class.   |
| 03.07.<br>12:15 pm – 2:00 pm | The discussion about the personal experiences of following new study plan. Fine-tuning findings. Recognizing early warning signs of learning difficulties. Preparing action plans to cope  |
| 03.21.<br>12:15 pm – 2:00 pm | Introducing group study method, forming, maintaining, and assessing success of groups. Best practices. (Forming experimental study groups within class)  |
| 03.28.<br>12:15 pm – 2:00 pm | Oral examination in practice. Working through the challenges – practical approach. Assignment of final project. Final grading by April 18.   |