Continuing Education & Self-Reflection

Carbon Cycles: Making and Moving Business (CB2) program to provide guided, self-paced learning activities to help you understand, reflect, and apply key business concepts.

Recently, the CB2 program was contracted for grant funding in selecting AMEE (American Medical Education Environment) as the program vendor. The collaboration with AMEE is expected to provide you with a robust platform where you can engage in self-reflection and continuous improvement.

Self-reflection is a quality improvement process that is considered a "critical preparedness" domain since it requires evaluative judgment, and it is essential for quality improvement. AMEE will provide a platform for self-reflection that can help you assess your knowledge, skills, and abilities in a structured way.

Trough ongoing collaboration and partnership with the Planning Committee of the American Enterprise (AMEE) and CB2, we are currently developing the conceptual framework for the self-reflection component. This component has been designed to foster self-awareness, self-assessment, and continuous learning.

As someone who grew up with many people who had both the same first and last name, I have come to understand the importance of having a unique identity. Our identity is not static and it evolves over time. It is a complex blend of personal characteristics, experiences, and societal influences.

Our identity is not just about ourselves. It is about our relationships with others and how we perceive ourselves in relation to them. Our identity is influenced by cultural, societal, and personal factors. As individuals, we strive to create a sense of self that is unique and meaningful.

As we grow and develop, our sense of self evolves. This process is particularly noticeable during adolescence. During this stage of growth, we begin to explore our interests, values, and beliefs. We start to develop a sense of who we are and what we want to become.

The adolescent years are important in developing one's conscious sense of self. During this time, we begin to think about who we are and how we fit into the world around us. This is a critical period for developing a sense of identity.

For many, this is a vexing question, and for me it is a variant of the “Who are your parents?” and “Where are you from?” question. The question of identity is complex and multifaceted. It involves understanding our place in the world and how we relate to others.

Where we come from, our family, and our culture all play a role in shaping our identity. Our experiences, relationships, and beliefs all contribute to our sense of self. As individuals, we strive to create a sense of self that is unique and meaningful.

A self-reflection checklist may include:

- Objectivity: the ability to see things for what they are, not what one thinks they are.
- Empathy: the ability to watch oneself in the same way that one watches the behavior of others with perspective and distance.
- Reflection on practice: the participant analyzing their own performance.

Self-reflection is an essential part of the learning process and is critical to creating meaningful and lasting change. Through self-reflection, we can gain a deeper understanding of our strengths and weaknesses, and we can develop strategies for improvement.

Self-reflection can be a powerful tool for personal and professional growth. As individuals, we are constantly evolving, and self-reflection helps us to stay on track.

For a future CME session, you might consider evaluating participant learning using a self-reflection checklist. This can help you to assess the effectiveness of your session and to identify areas for improvement.

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