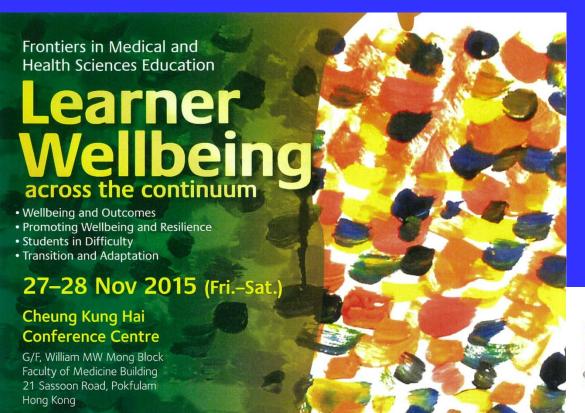
STUDENTS WITH PROBLEMS: THE SIMPLE THE COMPLEX THE LIFE-THREATENING



M.C.E. Gwee, Chay-Hoon Tan & D. Samarasekera Centre For Medical Education (CenMED)

Yong Loo Lin School of Medicine



Organized By





WHY
SHOULD TEACHERS
BE CONCERNED OVER
WELL-BEING
OF LEARNERS?

Charles Darwin's Theory of Natural Selection

"Med schools provide perhaps the best substantiation for Charles Darwin's theory of natural selection. For here we see in its cruelest form the survival of the fittest to cope with the inhuman pressures, the demands made not only on the brain but [also] on the psyche." (Segal E, 1988)

Medical Students Hanging by a Thread

Education for Health, August 2015, 28 (2): 150-151]

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LEARNER WELL-BEING OPTIMAL BALANCE

PHYSICAL — HEALTH — MENTAL

DE-STABILISE / DISRUPT

CHRONIC STRESSORS

EXCESSIVE WORKLOAD

M E N T A L DISTURBANCES

FATIGUE ('BURNOUT') M E N T A L S T R E S S

INTERFERE MOTIVATION TO LEARN

CHRONIC STRESSORS [FATIGUE – (-ve) EMOTIONS]

INTERFERE MOTIVATION TO LEARN

COMPROMISE
STUDENT LEARNING
POTENTIAL & OUTCOMES

"Motivation is crucial to successful learning and it is closely linked with understanding and emotions."
(OECD, 2007; p. 70)

OPTIMISE

STUDENT LEARNING POTENTIAL & OUTCOMES

LEARNER WELL-BEING

OUR (NUS) CONTEXT

EMOTIONAL WELL-BEING

OUR MEDICAL SCHOOL [YONG LOO LIN SCHOOL OF MEDICINE]

UNDERGRADUATE
MEDICAL EDUCATION PROGRAMME

--- YOUNG ADOLESCENCE ----

[JUST: COMPLETED HIGH_SCHOOL / PAST TEENAGE]

MENTAL HEALTH
MORE VULNERABLE TO CHRONIC STRESSORS

EMOTIONAL WELL-BEING <---

LEARNERS WITH PROBLEMS

OCCASIONALLY DISPLAY
SOME ODD BEHAVIOUR PATTERNS

BECOMING RECLUSIVE-INTROVERTED

SEEM UNINTERESTED AGITATED

DEPRESSED WITH MOOD SWINGS

PASSING GRADES CONSISTENTLY FAILING

REGULARLY MISSING CLASSES

TELL-TALE SIGNS

EMOTIONAL WELL-BEING UNDERGOING DE-STABILISATION

'HANDLE WITH CARE'
['SYMPATHETIC' COUNSELLING]

LEARNERS WITH PROBLEMS
EMOTIONAL WELL-BEING
UNDERGOING DE-STABILISATION

MENTAL STRESS / ANGUISH [MILD] [MODERATE] [SEVERE]

MENTAL HEALTH STATUS
DETERIORATING PROGRESSIVELY

INTEŘFERE MOTIVATION TO LEARN

COMPROMISE STUDENT LEARNING POTENTIAL & OUTCOMES HOW DO WE HELP OUR LEARNERS
WITH COMPROMISED
LEARNING POTENIAL and OUTCOMES?
IDENTIFY FACTORS / SITUATIONS
WHICH DE-STABILISES
EMOTIONAL WELL-BEING

SIMPLE

[MILD]

COMPLEX

[MODERATE]

LIFE-THREATENING

[SEVERE]

THE SIMPLE [INVOLVING MILD MENTAL STRESS]

HEIGHTENED ACUTE ANXIETY

[FEELING OF DESPERATION AND UNABLE TO COPE WITH STUDIES—EXAMS]

PROGRESSIVE EROSION OF CONFIDENCE IN ONE'S OWN COPING MECHANISMS

OFTEN ATTRIBUTABLE TO

POOR TIME MANAGEMENT WORK PLAY

PROBLEM EASILY RESOLVED

Achieving Work-Life Balance FOR OUR **EMOTIONAL WELL-BEING** From: IHE November 17, 2015 **By: Danielle Marias**

THE COMPLEX
[INVOLVING MODERATE MENTAL STRESS]

ANXIETY - AGITATION - DEPRESSION
[FEELING OF HOPELESSNESS]

STUDENTS CONFRONTED WITH
FINANCIAL CRISIS

HOW – WHERE TO OBTAIN MONEY TO PAY UNIVERSITY FEES?

Bursaries / Scholarships Interest-free Loans Now Readily Available

[Problem Easily Resolved]

THE LIFE-THREATENING [INVOLVING SEVERE MENTAL STRESS]

SEVERE DÉPRESSION

EMOTIONAL WELL-BEING BORDERING ON

SUICIDAL TENDENCIES

[RARE PHENOMENON]

BROKEN-UNSTABLE RELATIONSHIPS

INTENSIVE COUNSELLING
[NO GUARANTEE OF SUCCESS]

LEARNERS NEED CONDUCIVE LEARNING ENVIRONMENT [DREEM INSTRUMENT]

SELF-CONFIDENCE [TRUST RESPECT SUPPORT]

ENHANCES EMOTIONAL WELL-BEING

MOTIVATES STUDENT LEARNING

O P T I M I S E STUDENT LEARNING POTENTIAL & OUTCOMES

CONDUCIVE LEARNING ENVIRONMENT

HELP LEARNERS DEVELOP

RESILIENCE TO FATIGUE ('BURNOUT')

[Hungry Angry Late Tired WORK ENVIRONMENT]

SIGNIFICANT IMPLICATIONS PATIENT SAFETY

LEARNERS WITH PROBLEMS

EMOTIONAL WELL-BEING UNDERGOING DE-STABILISATION

'HANDLE WITH CARE'

PROBLEM LEARNERS

DELIBERATE DEFIANT DISRUPTIVE

HANDLE WITH FIRMNESS

CONFORM
TO ACCEPTABLE SOCIAL BEHAVIOUR

Mind Control Mastery

Simple Way To Use Your Emotions to Fuel Performance and Success REDUCE STRESS &

IMPROVE MENTAL WELLNESS
Sit back relax and let your Mind Help you to bring about Stress Free Success at Work



Improving Your Self Believe, Confidence, Memory

Thank,
You
for
Listening

Adapted from:
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