

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



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Frontiers in Medical and
Health Sciences Education

Learner Wellbeing across the continuum

- Wellbeing and Outcomes
- Promoting Wellbeing and Resilience
- Students in Difficulty
- Transition and Adaptation

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Cheung Kung Hai
Conference Centre

G/F, William MW Mong Block
Faculty of Medicine Building
21 Sassoon Road, Pokfulam
Hong Kong

Organized By



LI KA SHING FACULTY OF MEDICINE
THE UNIVERSITY OF HONG KONG

香港大學李嘉誠醫學院

**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



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)

OUR ROLE AS TEACHERS

OPTIMISE

STUDENT LEARNING
POTENTIAL & OUTCOMES

ENSURE

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

INTERFERE
MOTIVATION TO LEARN

COMPROMISE
STUDENT LEARNING
POTENTIAL & OUTCOMES

**HOW DO WE HELP OUR LEARNERS
WITH COMPROMISED
LEARNING POTENTIAL and OUTCOMES?**



**IDENTIFY FACTORS / SITUATIONS
WHICH DE-STABILISES
EMOTIONAL WELL-BEING**



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 DEPRESSION

EMOTIONAL WELL-BEING
BORDERING ON

SUICIDAL TENDENCIES
[RARE PHENOMENON]

BROKEN-UNSTABLE
RELATIONSHIPS

INTENSIVE COUNSELLING
[NO GUARANTEE OF SUCCESS]

**LEARNERS NEED
CONDUCTIVE LEARNING ENVIRONMENT
[DREAM INSTRUMENT]**

**SELF-CONFIDENCE
[TRUST RESPECT SUPPORT]**

**ENHANCES
EMOTIONAL WELL-BEING**

MOTIVATES STUDENT LEARNING

**OPTIMISE
STUDENT LEARNING
POTENTIAL & OUTCOMES**

CONDUCTIVE 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

*Thank
You
for
Listening*

Adapted
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Improving Your Self Believe, Confidence, Memory

