

Competency		Life-Long Learning
Subdomain		Critical Reflection and Self-Improvement
Learning Objective		Uses critical reflection and feedback from multiple sources and engages in appropriate learning activity to improve knowledge, professional skills, and attitude*
Year I	Mid	<ul style="list-style-type: none"> - Understands principles of active learning** - Describes how feedback*** is part of the learning process for individuals, groups, and the overall learning community - Describes individual strengths and weaknesses and sets learning goals for personal development - Establishes a portfolio to document professional and personal development in the UCDSOM competencies
	End	<ul style="list-style-type: none"> - Applies principles of active learning** - Identifies multiple strategies for feedback and helping incorporate that feedback - Identifies areas of deficiency and constructs an individualized plan for developing those competencies
Year II	Mid	<ul style="list-style-type: none"> - Describes reaction patterns in feedback exchange as recipient - Demonstrates strategies for seeking and incorporating feedback
	End	<ul style="list-style-type: none"> - Critically reflects on one's performance in identifying strengths and challenges, setting individual learning goals, and engaging in appropriate activity to meet those goals - Uses feedback to make improvements towards learning goals - Uses portfolio documentation of professional and personal development in the UC Davis School of Medicine competencies
Year III	Mid	<ul style="list-style-type: none"> - Recognizes the barriers to effective feedback exchange inherent in the clinical setting - Uses strategies to solicit and incorporate feedback in clinical settings
	End	<ul style="list-style-type: none"> - Appraises UC Davis School of Medicine portfolio documentation of professional and personal development in the competencies
Year IV	Mid	
	End	<ul style="list-style-type: none"> - Documents evidence of critical reflection from clinical settings including incorporating feedback and consideration of past experiences to inform development of a plan for the future - Explains portfolio documentation of professional and personal development in the UCDSOM competencies