BACKGROUND

- Metacognition is defined as awareness of knowledge, skills, and abilities that contribute to effective problem solving and includes self-regulation, analysis, and reflection on individual performance.
- CAPE Educational Outcomes 2013 expect students to include an effective domain Personal and Professional Development.
- Outcome 4.1 emphasizes development of self-awareness.
- Previous studies have shown that podcasts can improve learning performance through increasing their knowledge, skills, abilities, biases, motivation, and emotions that could enhance personal and professional growth.

METHODS

- Second-year students in a Foundations of Pharmacy Practice course completed two GRASP assignments ( Applying Previous and New Information) that reflected the requirements of the assignment.
- Each reflection was a 1-page assignment comprising two questions:
  - To examine and reflect on personal beliefs, biases, motivation and emotions that could enhance personal and professional growth.
- Individual podcasts were chosen by course coordinators to encompass various themes:
  - Patient Care (Radiology)
  - Patient Safety
  - Economics
  - Why Collaborate (Social Skills)
  - Professionalism (Medical Ethics)
  - Healthcare

- Each podcast was reviewed by the course coordinators to ensure that the content was appropriate for the assignment.

RESULTS

- A total of 60/63 students completed the GRASP assignment.
- 36.7% of survey respondents were unaware of the podcasts before completing the assignment.
- 95% of survey respondents stated that it was not difficult to access the podcasts.

- Over 70% of respondents agreed or strongly agreed that the GRASP assignments enhanced their personal beliefs and attitudes.
- Secondary outcomes to the podcasts included:
  - 75% of respondents agreed or strongly agreed that they were challenged about healthcare in a different way.
  - Over 70% of respondents agreed or strongly agreed that the assignments made them reflect and apply other course content.
- Assignment was positively received by students with 78.3% of survey respondents indicating that it should be an assignment in future courses.

LIMITATIONS

- Response rate was lower than ideal to reach a sample size that would implicate strong agreement on the assignment.
- May have varying interpretations of respondents to survey questions (such as: “The GRASP assignments made me think about healthcare in a different way”).
- Difficulty measuring student growth in self-awareness due to subjective nature of reporting.
- Amount of time spent podcasting was significant even with two course coordinators, which may limit applicability to others.

CONCLUSION

- Podcasts are a popular, widely available media capable of engaging students in reflection on current topics to enhance self-awareness outside the classroom.
- Students enjoyed using digital media to frame current and future knowledge points.
- Future studies and developments would need to include a larger sample size.
- Enhancing Pharmacy Students’ Self-Awareness Through Podcasts

REFERENCES


Correspondence: Abby Matulewicz, amatulewicz@vcu.edu
AACR Annual Meeting, Anaheim, California, July 23-27, 2016