

Conclusion

This is the final instalment in the series of discussions around your professional identity and the development of your learning and professional practice. What I hope I have demonstrated is that a huge amount of responsibility for ongoing learning and development rests with the learner themselves, and not with assessment organisations and accreditation bodies. It is useful to know about theory and concepts such as the competency matrix, intellectual humility, growth mindset, and situational awareness, however the most important aspect is how you personally utilise these theories and develop them within your own learning and professional practice.

Your medical career can be long, and within that time your ability to learn and perform will inevitably change, and not always for the better. Therefore, it is vital that you recognise that your learning is there to help others – your patients. Your patients are the ultimate beneficiary of your learning and development, which is why it is paramount that you start to ensure it develops optimally as early as you can in your career. This requires reflecting with the right people at the right time in the right manner, including yourself.

References

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