Appendix (1)

LEARNING HOW TO LEARN (LEARNING AND TEACHING METHODS).

There are certain clues for your learning.

A. In the PHC Centre:

- (I) Observation and discussion with the PHC physician while consulting their patients. Make notes about what you observe.
- (II) Interviewing certain selected patients alone.
- (III) Attachment and discussion with different them members (one session each).
- (IV) Lecturing in the center.
- (V) Design a health education material for the practice.
- (IV) Free time in your schedule should be made use of e.g. by reading in the library or discussion with colleagues or any other useful activity.
- (VI) A good deal of learning in the practice is one to one.

Clinical and non-clinical materials faced in the center will raise certain learning needs. You are expected to respond by careful and critical thinking, reading from the PHC literature and discussion with clinical tutors, colleagues or teachers during the tutorials.

(B) In the University

The sessions include tutorials on topics known to you beforehand. The tutorial will be given to the whole class or the class will be divided into small groups (each with a tutor). Transparencies, slides, role-playing and video display (presentation) will each be used. Reading and thinking about the topic (and possibly discussing it) before attending the class are the keys for active learning. This will make it possible for you to identify difficult areas and learning needs to be solved during the class. Participation and involvement in discussions and debate are essential for learning.

(C) Outside formal and clinical sessions.

- (i) Reading from books and journals.
- (ii) Thinking about the experiences and incidents you have seen, and reflecting over them
- (iii) Group discussion with your colleagues, teachers and trainers.