

DESCRIBE

1. Describe the insight.

An insight is something new that you learned or realized. Your insight must be relevant to the topic and, ideally, could change your thinking or behavior in the future. Your insight may apply to your studies, practice, or future goals.

Examples:

The most important thing I realized this week is the role of questioning in project management...

A reading technique I have learned recently that I find most valuable for my study is pre-reading, especially skimming and scanning.

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2. Describe the circumstances

Provide brief and relevant details of the situation from which you gained the insight. Say what was happening when this learning occurred.

- **What was the context? (e.g. on placement, during reading)**
- **What was the particular trigger? (e.g. a comment from a patient, a concept in the readings, a particular question or activity in class)**

Examples:

I learned this from the lecture on Project Management Techniques by a guest lecturer, Dr. Strangelove. She started her presentation by asking us to build a tower from straws... I...

I learned about these techniques for efficient reading from an exercise using a chapter from Anstey (2002) about the four-resources model. We used the skimming technique, which involves noting full details about the text and what it contains before reading it. We had to look at the whole chapter to identify the main ideas through the headings. I realized I could get information about the main ideas in a text without actually reading it.