



HOW TO REMAIN AS A HIGH ACHIEVING STUDENT??

Learning Skill Course
Dept. of Medical Education
College of Medicine

CONTENTS

- Sharing your strategies for your high performance.
- Factors found to be affecting for keeping up to the standard in the literature.
- **WHAT NOT TO DO LIST:** *Factors affect negatively on your performance.*
- Summary

THINK PAIR & SHARE

- **Sharing your strategies for your high performance.**

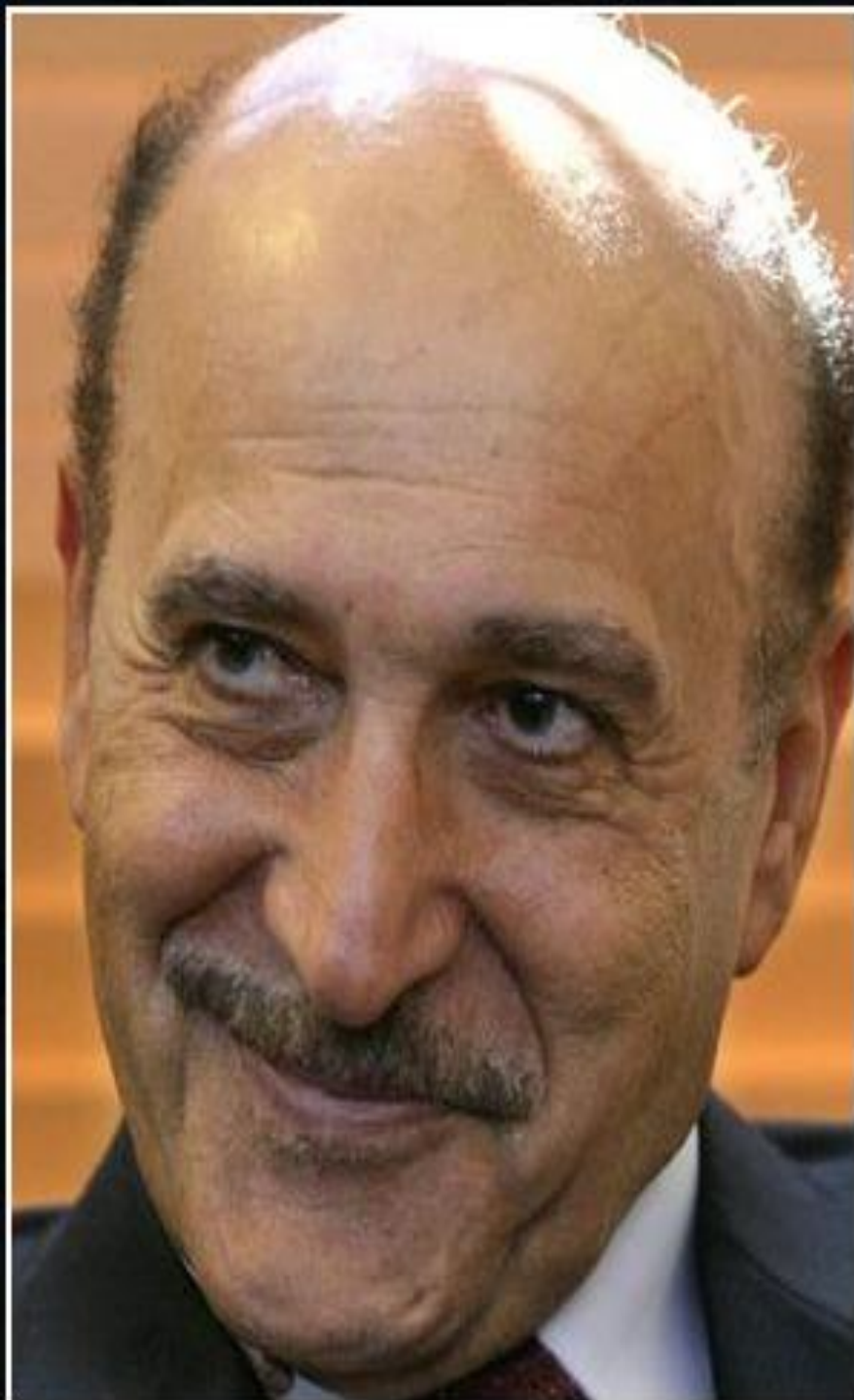
- Course: Learning Skills
- Session topic: How to remain as a high achieving student.

What are your Learning Strategies?

Student 1

Student 2

Student 3



Positive thinking isn't ignoring life's problems, it's understanding that Allah can make a way out for you if you sincerely try.

— *Omar Suleiman* —

AZ QUOTES



**Don't give up on your
dreams, or your dreams will
give up on you.**

John Wooden



**Failure is not fatal, but failure
to change might be.**

John Wooden

High-Achieving Students

Know what it takes to be successful in medical school and are willing to put in the time and effort.



Literature about high achieving students


- The literature suggests that academic achievement of students is affected by multiple factors:
 - motivational beliefs and emotion,
 - examination results,
 - physical and emotional well-being

(McManus et al. 2003; Kilminster et al. 2007).

Literature about high achieving students

- **Students are positively affected by:**
 - good exam results,
 - while being negatively affected by
 - anxiety, boredom and
 - bad exam results

(Artino et al. 2010; Abdulghani et al. 2012).

- 
- **Effective time management skills are essential for continued academic success**
(West & Sadoski 2011).
(Abdulghani et al 2014)

Literature about high achieving students

- A challenge for **MEDICAL EDUCATORS** is to identify factors that lead to student success in medical school and beyond
(Ericsson 2008).

There are only four factors why students do not perform well

- They do not know **WHAT TO DO**
- They do not have the **RESOURCES TO DO IT**
- They do not have the **SKILLS TO DO IT**
- **THEY DO NOT WANT TO DO IT** (rarely)

What factors determine academic achievement in high achieving undergraduate medical students? A qualitative study

HAMZA M. ABDULGHANI¹, ABDULMAJEED A. AL-DREES¹, MAHMOOD S. KHALIL¹, FARAH AHMAD¹, GOMINDA G. PONNAMPERUMA² & ZUBAIR AMIN³

¹King Saud University, Saudi Arabia, ²University of Colombo, Sri Lanka, ³National University of Singapore, Singapore

Abstract

Background: Medical students' academic achievement is affected by many factors such as motivational beliefs and emotions. Although students with high intellectual capacity are selected to study medicine, their academic performance varies widely.

Objectives: The aim of this study is to explore the high achieving students' perceptions of factors contributing to academic achievement.

Materials and methods: Focus group discussions (FGD) were carried out with 10 male and 9 female high achieving (scores more than 85% in all tests) students, from the second, third, fourth and fifth academic years. During the FGDs, the students were encouraged to reflect on their learning strategies and activities. The discussion was audio-recorded, transcribed and analysed qualitatively.

Results: Factors influencing high academic achievement include: attendance to lectures, early revision, prioritization of learning needs, deep learning, learning in small groups, mind mapping, learning in skills lab, learning with patients, learning from mistakes, time management, and family support. Internal motivation and expected examination results are important drivers of high academic performance. Management of non-academic issues like sleep deprivation, homesickness, language barriers, and stress is also important for academic success.

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What factors determine academic achievement in high achieving undergraduate medical students? A qualitative study.

Abdulghani et al. Medical Teacher 2014, 36: S43–S48

**THIRTEEN FACTORS INFLUENCING
HIGH ACADEMIC ACHIEVEMENT INCLUDE:**

1. ,

13- FACTORS

Individual level	Group Level	Administrative Issues
1. Internal motivation	8. Learning in small groups,	11. time management,
2. Early revision,	9. Learning in skills lab,	12. Prioritization of learning needs
3. Attendance to lectures,	10. Learning with patients,	13. family support.
4. Deep learning,		
5. Mind mapping		
6. Expected examination results		
7. Learning from mistakes,		

HOW TO ACHIEVE THE HIGH PERFORMANCE OTHERS LITERATURE FINDING

- Set **goals**
- Learn from **failure/ disappointment**
- **Manage time**
- Pursue **continuous improvement**
- Accept responsibility for their **creation**
- Do **not** make excuses
- **PASSION** for **what to do**



HOW TO ACHIEVE THE HIGH PERFORMANCE OTHERS LITERATURE FINDING

- **Adopt a positive mental attitude**
- **Work out where you're falling short :**
- **Talk to your teachers:**
- **More attention in class and ask questions**

HOW TO ACHIEVE THE HIGH PERFORMANCE OTHERS LITERATURE FINDING

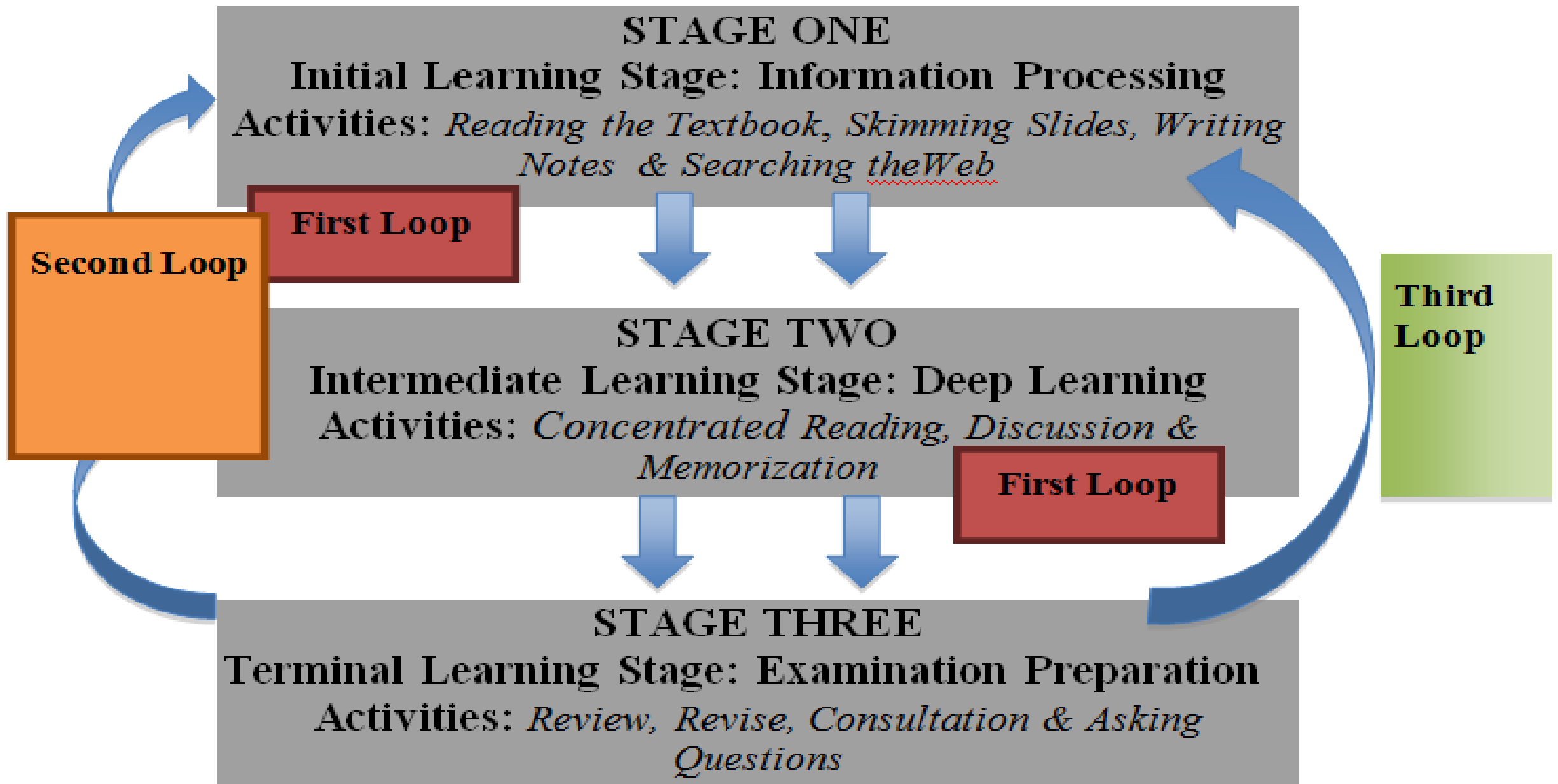
- **Stop procrastinating (Time waste)**
- **Organizing your life**
- **Improve your note-taking skills**

HOW TO ACHIEVE THE HIGH PERFORMANCE OTHERS LITERATURE FINDING

- **Improve your memory**
- **Allow plenty of time for revision/ review**
- **Deep learning**
- **Find the right learning style**

<http://vark-learn.com/the-vark-questionnaire/>

من أعمال وأقوال الطلبة الناجحين من ٣ جامعات





TIME RUBBER/ERASER

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TIME RUBBER

- Try to think what we should remove from our list to save our times
- "NOT to Do List" "قائمة الإهمال"

Make Your Own List

- Take 3 minutes to think individually, then share with two students next to you & discuss and come up with an agreed list.
- Discuss the list in the small group, agree on that list and post it as a 10-item list "Not to Do" on the blackboard.
- At the end of the course, reflect on these lists.

العوامل الروحية Spiritual Factors

يَا عَلَامُ إِنِّي أَعْلَمُكَ كَلِمَاتٍ أَحْفَظُ
اللَّهُ يَحْفَظُكَ أَحْفَظُ اللَّهَ تَحْذَهُ
تُجَاهُكَ إِذَا سَأَلْتِ فَاسْأَلِ اللَّهَ وَإِذَا
اسْتَعْنَيْتِ فَاسْتَعِينِي بِاللَّهِ

عوامل النجاح

- * التوكل على الله والاستعانة به .
- * التخطيط للمستقبل واستثمار وقتك
- الفرغ وأداء الواجبات بانتظام .
- * أن يكون لديك دوافع حقيقية للنجاح
- * أن تستثمر قدراتك وأن تثق
بقدراتك وأدائك .
- * تحديد أهدافك قريبة المدى بدقة
من بدايات العام الدراسي .
- * بذل الجهد الكافي والمثابرة والعزم
والتصميم على النجاح .
- * الثقة بالنفس والاعتماد على الذات .
- * تنظيم الوقت .

WHAT IS LEARNING??

إن الله لا يغير ما بقوم
حتى يغيروا ما بأنفسهم



Average Learning Retention Rates

Source: National Training Laboratories, Bethel, Maine

أقوال مأثورة عن النجاح

- إن النجاح هو محصلة اجتهادات صغيرة تتراكم يوماً بعد يوم.
- لا يكفي التوصل إلى النجاح المهم أن تبقى ناجحين.
- إذا لم نجد طريق النجاح فعلينا أن نبتكره
- الشخصية الناجحة هي التي تتخيل النجاح الذي تريده.
- لا يقاس النجاح بالموقع الذي يتبوأه المرء في حياته، بقدر ما يقاس بالصعاب التي يتغلب عليها.
- ما الفشل إلا المفتاح الذي تفتح به أبواب النجاح.

CONCLUSION

- HAA **manipulate and adopt these factors** positively in their learning process.
- **Factors which positively** affect the academic achievement are in general those that **promote deep learning**.
- Addressing adopting these factors would help the medical students improve their performance.
- **Prepare "NOT TO DO LIST"**

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THANK
YOU

