Can Vlogs enhance student reflections?

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Can vlogs enhance student reflections?

• The use of vlogs and WhatsApp to capture and share student reflections during a yoga and mindfulness module for 3rd year medical students.

• Our research and provisional results

• Top Tips for Practice
Reflection: What is it?

Critical reflection:

The process of analyzing, questioning, and reframing an experience in order to make an assessment of it for the purposes of learning (reflective learning) and/or to improve practice (reflective practice).
• The General Medical Council’s core guidance, *Good Medical Practice*, requires doctors to “reflect regularly on [their] standards of medical practice,” and evidence of personal reflection is critical for revalidation.

• Undergraduate medical education: early development of reflective learning skills leads to enhanced critical thinking skills and professionalism.

(Wald H, 2012).
Reflection in Medical Education: How?

• Traditionally: *retrospective written assignments*.

• However: advances in technology and social media offer other options which may be more engaging and acceptable for students…

• In addition: The Imperial Learning and Teaching Strategy encourages innovation and technology enhanced learning
What is Vlogging?

- A Video-blog or video-log.
- A type of blog where most or all of the content is in video form.
- Very common in social media such as YouTube, Instagram, Snapchat…
"The Science of Yoga and Mindfulness"

A 4-week, optional module during yr 3 medicine in the community attachment

- **Session 1**: Introduction to Yoga and Mindfulness
- **Session 2**: Mindfulness Workshop
- **Session 3**: Yoga Therapy Workshop
- **Session 4**: Debrief and presentation of reflective coursework
Imperial College London

“The Science of Yoga and Mindfulness”

Session 1: Introduction to Yoga and Mindfulness
Session 2: Mindfulness Workshop
Session 3: Yoga Therapy Workshop
Session 4: Debrief and presentation of reflective coursework

Home Practice

Home Practice
"The Science of Yoga and Mindfulness"
Our Research

• Exploring students perceptions of using vlogging and the WhatsApp group in this context:
  – Focus groups after each module
  – Thematic analysis of the WhatsApp group thread

• Accepted for presentation at ASME 2018
Top Tips for Practice
Top Tips for Practice: Vlogging

Students may be dubious!

• Vlogging was quite polarising
• Concerns about appearance generally improved as time went on and enjoyment increased

Consider:
• Explaining your rationale!
• Group size
• Compulsory vs optional

I liked that you could see what everyone was doing: it was quite personal.

I was self-conscious, having your voice and your face (on screen).

Its really embarrassing!

I really enjoyed it, much more fun than writing.
Top Tips: Vlogging

Consider your context:
- Works well for reflection in particular.
- Reflections appeared more honest, immediate, and considered than written reflections.
- Students also found it convenient

Consider:
- Would vlogging enhance the learning experience?

You can put passion into it, you can put emotion into it. It's more personal and informal.

The meaning is lost when you write it out.

If I was writing I don't think I would've got as much benefit.

When you get a raw reaction to something, you get a more honest reflection of it.
Top Tips: Vlogging

Don’t forget to scaffold the students learning:

• Explaining what you expect:
  – How to vlog
  – When they might do it…
  – What they might talk about…
• Give examples: yourself if necessary!
Top Tips for Practice: WhatsApp

WhatsApp groups can be a valuable resource:

- Group discussion of experiences
- Group reflection
- Information sharing e.g. resources
- Students can seek advice from the group and troubleshoot experiences
- Also seen as motivating
- Aided group formation

You’d watch somebody’s vlog and realise you were having the same (problem)…and get advice on how to deal with it
Top Tips: WhatsApp

Promote Group ownership and ground rules:

• The ‘instantness’ and 24h nature of WhatsApp can be intrusive.
• Encourage students to set their own boundaries and ground rules.
• Role model the behaviour you would like to see.
• Be aware of confidentiality….
Don’t underestimate your influence upon the group dynamics and content!

Consider:
- What do you want your role to be?
- Should you be in the group?
- The time it takes to facilitate the group…

Because they put a lot of effort into it, and you don’t want to let them down

You don’t want to say anything that’s wrong

They would start up conversations and (be) a source of support

Because it’s ‘them and us’
Top Tips for Practice: Both WhatsApp and Vlogging

Be aware of personal/professional boundaries:

- Social phone use may not necessarily translate to acceptable educational use for all students.
- Being ‘on their phone’ may be seen as unprofessional for some.

An element felt unprofessional somehow. Because when I’m on WhatsApp, it's because I'm talking to my friends.

You see a lot of doctors using it now, we have WhatsApp for everything. So it was all good.

I found it stepped into your personal life a little bit.
Top Tips for Practice: Both WhatsApp and Vlogging

Don’t forget the technical considerations…

• Phone memory.
• Picture and sound quality.
• Reliance on mobile devices supporting the apps.
• iPads don’t support WhatsApp.
In summary…

- Both WhatsApp and vlogging provide exciting opportunities for educators
- Do consider your own context
- Ensure the technology compliments your learning objectives
Many Thanks - Any Questions?

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• Introduction to Yoga and Mindfulness

Session 1

• Mindfulness Workshop with therapist

Session 2

• Yoga Therapy for patients with Rheumatoid Arthritis

Session 3

• Debrief and presentation of reflective coursework

Session 4
The module: "The science of Yoga and Mindfulness"
Reflection is acknowledged as a key skill in education, particularly in the field of medicine, and is encouraged throughout the undergraduate curriculum. Traditionally this takes the form of retrospective written assignments, however advances in technology and social media may provide educators with other options which may be more engaging for students. I will discuss how I have used video-logging (vlogs) and WhatsApp to capture and share student reflections during a yoga and mindfulness module for third year medical students. I will review the potential advantages and pitfalls of this method, and propose a series of top tips for other educators interested in employing this technique.