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# Mindfulness Training for Psychiatry Residents

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# Abstract:

Strategies that encourage meaningful learning and facilitate knowledge transfer are not only of value as students navigate through the didactic curriculum of a clinical health professions program but are critically relevant as students’ complete clinical experiences and later transition to practicing clinicians. To achieve this knowledge transfer effect, a learning strategy must aid the learner in building a cognitive framework that will allow for newly acquired information to become meaningful to the student. Drawing is a learning strategy that has been used to help promote meaningful learning, and it has been demonstrated that items that are drawn are more effectively recognized at later testing than words that are written out. The primary purpose of this study is to determine if the implementation of a drawing activity module as part of an anatomy course promotes the recollection and retention of foundational knowledge and facilitates translation of knowledge to more advanced clinical sciences classes.