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CME Teaching and Learning Strategies

Lectures offer a convenient way to deliver information uniformly to diverse audiences, but before relying solely on this education method, consider the following:

1. Traditional lectures with PowerPoint slides encourage passive learning and result in low knowledge retention.
2. Learners struggle to maintain attention throughout a 50-minute lecture, experiencing cycles of engagement and disengagement with attention lapses as early as the first minute.
3. Active learning techniques, such as demonstrations and discussions, garner higher attention levels and lead to better retention, attitude, and behavior change compared to traditional lectures.
4. Active learning involves planned activities that engage participants in processing, applying, and interacting with the material, enhancing educational goals and objectives.
5. Implement active learning strategies that align with course objectives and allow ample time for successful delivery, considering that they often take longer than anticipated.
6. Examples of active learning strategies include icebreaker activities like KWL (Know, want to know, Learned) exercises, hands-on activities such as simulations and role-playing, and discussion approaches like case-based discussions and problem-solving exercises.

Active learning strategies can be incorporated into educational activities to improve attention and engagement:

1. Group problem solving: Present a case for group discussion, allowing time for collaboration before sharing results.
2. Use polls or pre/post-tests to engage learners throughout the session.
3. Think-pair-share: Pose questions for individual reflection, followed by discussion with a partner and group sharing.
4. Open-ended questions: Encourage reflection on presented material rather than simple recall.
5. Sentence starters: Prompt completion of statements to promote deeper reflection.
6. Compare or contrast: Identify similarities and differences between key lesson elements.
7. Diagnosis scenarios: Present cases for learners to diagnose or identify errors in care.
8. Re-order steps: Challenge learners to sequence steps correctly.
9. Paraphrasing: Ask learners to rephrase ideas in their own words.
10. Supporting statements: Require evidence to support given statements.
11. Logical inference: Present facts or opinions for learners to draw conclusions.

12. Role-playing: Use for demonstrations or simulations of medical scenarios.
13. Simulation: Engage learners in team-based education.
14. Case presentations: Provide real-life examples for discussion.
15. Interactive games: Utilize game show formats for reviewing and applying information.
16. Debate: Foster discussion on controversial or factual topics, formal or informal.