

START / END



08:00
Good morning! To your dismay you realise you've slept in yet again and are behind schedule. With speed and agility you jump to grab breakfast. In your hurry though you knock over a bowl from home and watch as it shrieks across the kitchen floor. You feel frustrated at your own incompetence.

09:00
On your cycle ride to the medical school your chain comes loose and you have to pull over to do some repairs. Of course, this means you rush into the lecture hall panting, red-faced and late. The lecturer gives you an icy stare and you hear some of your colleagues complaining of your interruption.

09:30
You wake up. Goodness me that was a horrible dream

10:00
Wow this lecture is hard today! You just can't wrap your head around this brachial plexus business. You ask Samantha next to you to explain it to you but she remarks in a condescending and dismissive tone that it was all in the pre-reading. You feel irritated by her.

11:00
Quick break and a great opportunity to ask one of the clinical teaching fellows about interpreting types of heart block. Unfortunately he's too busy dealing with other matters and practically ignores you when you try to approach him. You're left angered by the encounter.



19:00

You settle down to make the evening meal: pasta and meatballs. Foolishly, you try to multi-task by revising at the same time and, needless to say, this does not end well. You end up with burnt pasta and spend 30 mins trying to remove the sauce glued to the pan. Needless to say, you're a little bit annoyed.

18:00

The cycle ride back to your accommodation is largely uneventful. However, when you arrive back you realise that you've locked yourself out and have to ring the doorbell. One of your flatmates, Alex, opens it but is annoyed; you've torn apart his nap. The dispute bitterly drains you.

17:30

Not again. Daydreaming is becoming something of a habit ... back to reality!

17:00

You show your tutor a project that you've been working on and he's impressed! He says it's your best piece of work this year. With a few tweaks here and there it could be perfect. You're over the moon!

16:00

It seems that you're going to have to stay in the medical school for a little longer than intended. You've a scheduled appointment with your tutor but he's late to show up. You feel that they must be superior to you, putting you on hold like this, and so feel down about it.



20:00

Your setup is ready. Cup of tea, laptop and some whale music. You make a start with reviewing the days lectures but to your annoyance realise that you didn't take all that much in. Nerves start to jingle when you realise that you've got that test next week.

21:00

It isn't long before you hear one of your housemates arriving back. They seem upset so you go to comfort them. You ask her if she's okay and move to give her a hug but she takes it the wrong way. She doesn't think you are you taking her seriously and storms off out of the room.

21:30

What were you thinking opening up your social media? You enter what seems like a time portal and magically reappear 30 mins later.

22:00

Time to relax. You're in your night clothes, tucked under the covers, laptop on your lap ready to play your favourite show. Suddenly, your friend George texts you asking about the pre-reading. The pre-reading! You'd forgotten all about it. You rush to your desk in panic to dive into some books.

23:00

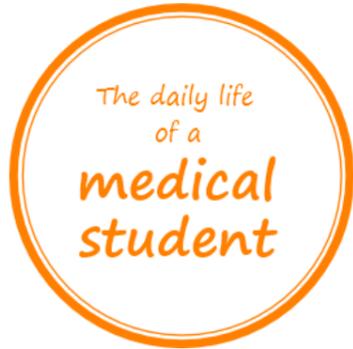
Great. And now the fire alarm goes off. Just as I was about to turn off the lights. You wander downstairs and discover that Graham has burnt his late-night sausage. Of course he has. You help him clear the smoke before retiring back to your room in a red haze of anger. Sweet dreams!

19:00

Back 1 space!

Reflection card deck

Non-reflection card deck



Instructions

1. In your pair decide who is the reflective and non-reflective medical student.

2. Each player should start with 3 of their specific cards and a character sheet.

3. Flip a coin or equivalent to decide if you go forward 1 or 2 spaces.

4. For each scenario choose a response from your 3 cards or make one up (in accordance to your character)

5. Each time you play a response put it to the bottom of the deck and draw another from the top.

6. Write around your character sheet what your thoughts and feelings would be as a result of each response.

Back 2 spaces!

08:00

09:00

09:30

10:00

11:00

15:00

As part of your clinical skills session, you volunteer to practise taking a history in front of the group. You attempt it but you freeze, everything going horribly wrong. Others chip in with ideas for how to proceed but you're finding it difficult to regain your composure.

14:00

You're using the water fountain to refill your bottle and sense a line developing behind you. One lady complains that you're taking too long and, because of your unusually aggressive technique, are spilling water onto the floor. You're a little irritated by this.

13:30

You really shouldn't have spent so long watching cat videos last night. You fall into slumber over the lunch break and wake up 90 min later.

13:00

It's the middle of the day so you sit down with your friends to tuck into some lunch. Two of your colleagues are in dispute with each other so you intervene and help to calm things down. Afterwards, one of them thanks you for intervening, blaming it on lack of sleep, and offers you a carrot.

12:00

Mum phones to update you on the guinea pig hutch. Unfortunately it's before the lecture has finished and the lecturer gives you another icy look as you frantically tear at your phone to hang up. You feel embarrassed and a little self-conscious. You don't even have guinea pigs.

Forward 2 spaces!

Forward 1 space!