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.

The cyclist 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 map. The disaster bitterly drains you.

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

You show your tutor a draft of an essay 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!

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.

The daily life of a medical student

Instructions

1. Decide who the reflective medical student is in your pair.
2. Each player should start with their specific reflective character sheet.
3. Flip over one equivalent card from the deck and draw one card to make up an answer to the scenario.
4. Each time you play the scenario sheet, you get creative, swap it with your creative deck.
5. Write around your character sheet what you think the thoughts and feelings would be as a result of each response.

Reflection card deck

Non-reflection card deck

Reflection

Non-reflection

START/END

08:00
09:00
10:00
11:00
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 through you knock over a bowl from home and watch as it shatters across the kitchen floor. You feel frustrated at your own incompetence.

You wake up. Goodness me that was a horrible dream

Woe to the lecture is hard today! You can’t wrap your head around this brahial 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.

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.