T7. I DON’T KNOW ACTIVITY TO DEVELOP HELP-SEEKING BEHAVIOURS a

Instructions for Teacher:
• Ask a learner questions of increasing difficulty.
• Stay neutral as the questions become increasingly less accurate. Just accept the answers.
• Eventually — and it may take a while — a learner will say: “I don’t know.”
• When the learner says, “I don’t know” reward them (e.g. applause, box of Smarties)
• Then discuss the importance of those three words
• Discuss how to become comfortable with not knowing, asking for help, where/how to get help.
• You may adapt this approach by making it a subtheme for rounds on a given day and done in groups.

Comments:

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a Adapted from Smith R. Thoughts for new medical students at a new medical school. BMJ. 2003; 327.7429: 1430.