

**CAMPBELL**
UNIVERSITYJerry M. Wallace
School of Osteopathic Medicine

ACE Library Titles

For Faculty and Students on the General Topics of Learning and Positive Mindset

1. Make It Stick: The Science of Successful Learning

Brown, Peter C. Make It Stick : the Science of Successful Learning. Cambridge, Massachusetts :The Belknap Press of Harvard University Press, 2014.

Note: This is the most cited resource among learning specialists of US medical schools. The pre-matriculation reading released by CUSOM ACE was built on the framework of this book.

See also a great video interview with the author, *Four Big Ideas from "Make it Stick"*:

<https://www.youtube.com/watch?v=hcyEdtCiDDY>

Description:

To most of us, learning something "the hard way" implies wasted time and effort. Good teaching, we believe, should be creatively tailored to the different learning styles of students and should use strategies that make learning easier. *Make It Stick* turns fashionable ideas like these on their head. Drawing on recent discoveries in cognitive psychology and other disciplines, the authors offer concrete techniques for becoming more productive learners.

2. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad

Clear, James. Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones. New York, New York, Avery, an imprint of Penguin Random House, 2018.

Description:

The #1 *New York Times* bestseller. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall off course.

3. A Liberated Mind: How to Pivot Toward What Matters

Steve Hayes, S. A Liberated Mind: How to Pivot Toward What Matters. New York: Avery. 2019

This has been a life-changing book for me, personally. -Yen-Ping Kuo

Description: Over the last 35 years, Steven C. Hayes and his colleagues have developed Acceptance and Commitment Therapy (ACT) with many hundreds of studies supporting the impact of his approach on everything from chronic pain to weight loss to prejudice and bigotry. A Liberated Mind is the summary of Steven's life's work which will teach readers how to live better, happier and more fulfilled lives by applying the six key processes of ACT. Put together these processes teach us to pivot- to "defuse" rather than fuse with our thoughts; to see life from a new perspective; and to discover our chosen values, those qualities of being that fuel meaning.

Specifically For Students

1. Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level

McGuire, Sandra Yancy, and Stephanie McGuire. *Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course At Any Level*. First edition. Sterling, Virginia, Stylus Publishing, LLC, 2018.

Description: Beginning with explaining how expectations about learning, and the study efforts required, differ between college and secondary school, the author introduces her readers, through the concept of metacognition, to the importance and powerful consequences of understanding themselves as learners. **This framework and the recommended strategies that support it are useful for anyone moving on to a more advanced stage of education, so this book also has an intended audience of students preparing to go to high school, graduate school, or professional school.**

2. Study Without Stress: Mastering Medical Sciences

by Eugenia G. Kelman and Kathleen C. Straker

Description: Written in an easy-to-read conversational style this book contains the keys to medical school academic survival, enabling students to manage their time and develop optimal study habits.

3. Empowerment

A collection of essays by osteopathic medical students. Each essay is a story describing in detail an experience with leadership written by the student on his/her journey to becoming a physician.

This book was written by the 2017 Student DO of the Year awardees from each of the nation's colleges of osteopathic medicine. The publication was edited by AACOM staff.

4. The AMA MedEd Innovation Series

by Jed D. Gonzalo, Maya M. Hammoud, Gregory W. Schneider and 11 more

Tomorrow's best physicians will be those who continually **learn, adjust, and innovate** as new information and best practices evolve, reflecting **adaptive expertise** in response to practice challenges. As the first volume in the American Medical Association's MedEd Innovation Series, *The Master Adaptive Learner* is an **instructor-focused guide covering models for how to train and teach future clinicians** who need to develop these adaptive skills and utilize them throughout their careers.

Access to this product, which may be at the discretion of your institution, is up to 3 years of online and perpetual offline access. Elsevier reserves the right to restrict or remove access due to changes in product portfolio or other market conditions.

- Explains and clarifies the **concept of a Master Adaptive Learner**: a metacognitive approach to learning based on self-regulation that fosters the success and use of adaptive expertise in practice.
- Contains both **theoretical and practical material** for instructors and administrators, including guidance on **how to implement a Master Adaptive Learner approach** in today's institutions.
- Gives instructors the **tools needed to empower students** to become efficient and successful adaptive learners.
- Helps medical faculty and instructors **address gaps in physician training** and prepare new doctors to practice effectively in 21st century healthcare systems.
- One of the American Medical Association Change MedEd initiatives and innovations, written and edited by members of the ACE (Accelerating Change in Medical Education) Consortium – a unique, innovative collaborative that allows for the sharing and dissemination of groundbreaking ideas and projects.
- **Expert Consult™ eBook version included with purchase**. This **enhanced eBook experience** allows you to search all of the text, figures, and references from the book on a variety of devices.

5. The Master Adaptive Learner, 1st Edition

6. Value-Added Roles for Medical Students, 1st Edition

Specifically For Faculty

1. Teach Students How to Learn: Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation 1st Edition

McGuire, Sandra Yancy. "Teach students how to learn : strategies you can incorporate into any course to improve student metacognition, study skills, and motivation." Sterling, Virginia : Stylus Publishing, LLC, 2015.

Description: This book is written primarily for faculty but will be equally useful for TAs, tutors, and learning center professionals. For readers with no background in education or cognitive psychology, the book avoids jargon and esoteric theory.

2. Powerful Teaching: Unleash the Science of Learning 1st Edition

Pooja K. Agarwal and Patrice M. Bain. Powerful teaching: Unleash the science of learning. San Francisco, CA: Jossey-Bass. 2019.

Description: With *Powerful Teaching*, you will:

- Develop a deep understanding of powerful teaching strategies based on the science of learning
- Gain insight from real-world examples of how evidence-based strategies are being implemented in a variety of academic settings
- Think critically about your current teaching practices from a research-based perspective
- Develop tools to share the science of learning with students and parents, ensuring success inside and outside the classroom

3. The Appreciative Advising Revolution (with Workbook)

Jennifer Bloom, Bryant Hutson, And Ye He. The appreciative advising revolution. Champaign, IL: Stipes Publishing. 2008

Description: Appreciative Advising, a revolutionary academic advising philosophy, calls professional and faculty advisors to celebrate students' strengths as they help advisees achieve their life and academic goals. This user-friendly manual captures and explains in detail the six phases of Appreciative Advising (Disarm, Discover, Dream, Design, Deliver, and Don't Settle) as well as specific ways to intentionally incorporate them into advising sessions. In addition, descriptions of initiatives at the University of North Carolina at Greensboro highlight the successful implementation of Appreciative Advising into advising sessions and programs. Specific guidelines for implementing and assessing Appreciative Advising are also featured.

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- A. **The Master Adaptive Learner, 1st Edition**
- B. **Value-Added Roles for Medical Students, 1st Edition**
- C. **Coaching in Medical Education: Students, Residents, and Faculty, 1st Edition**