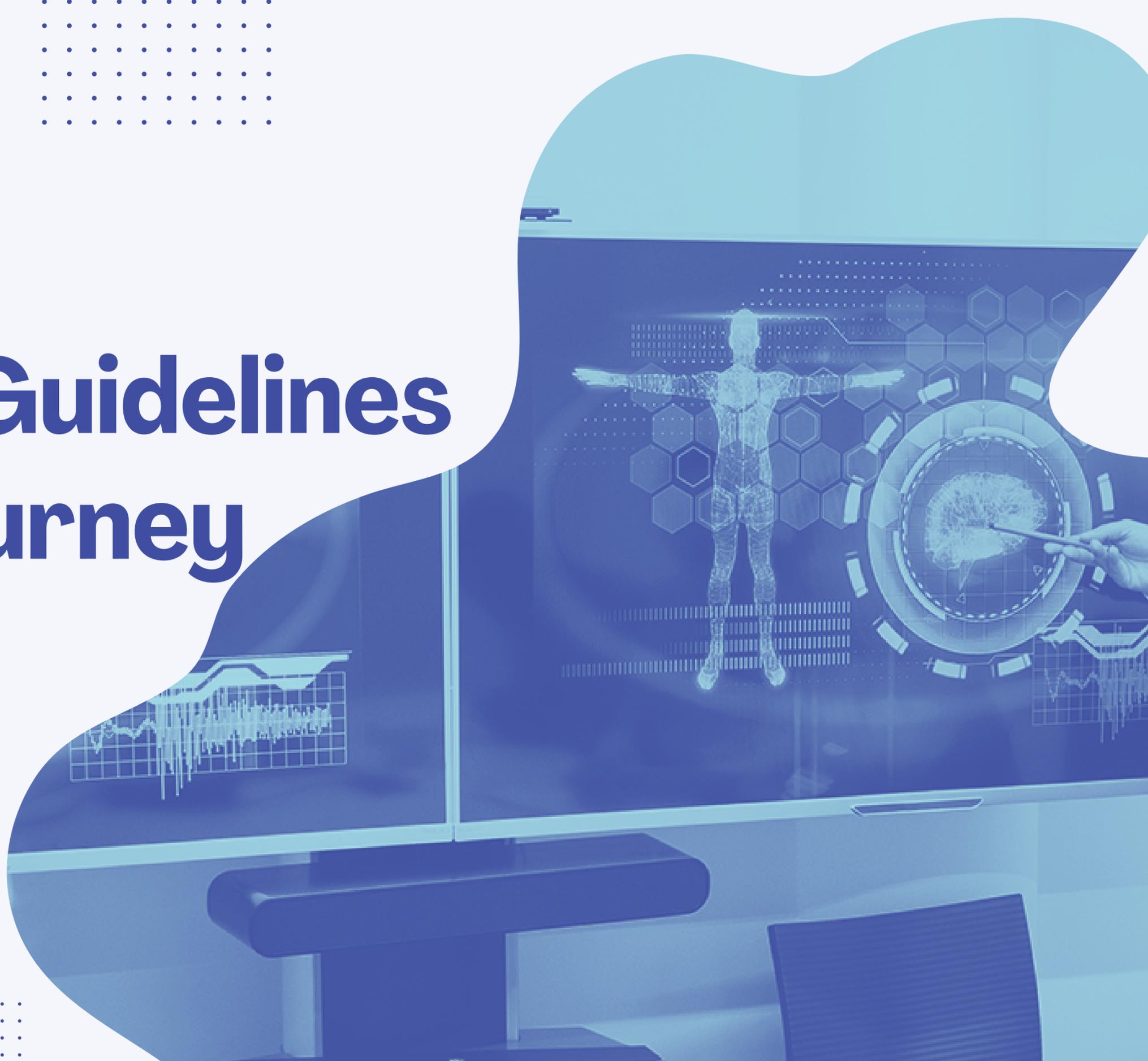


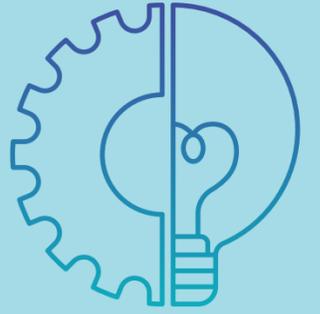


Competence Guidelines & Learning Journey

on Soft Skills

for Medical
Students



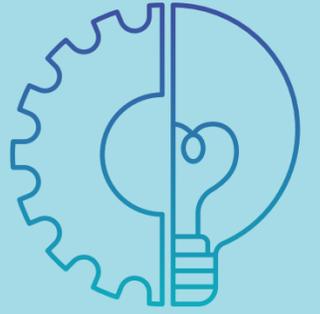


Soft Skills Modules Analysis





Soft Skills Modules



01

**Self- Knowledge
& Initiative**

02

**Capacity to Adapt to
Different Situations**

03

Communication

04

Teamwork

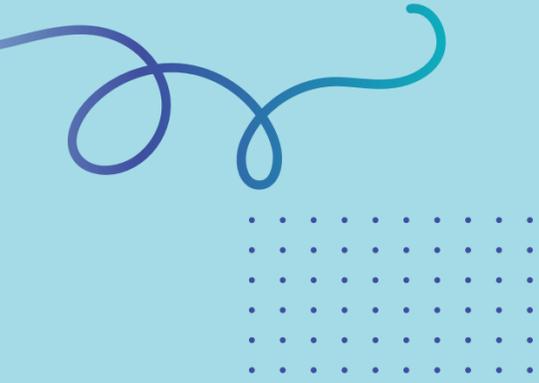
05

Work Organization

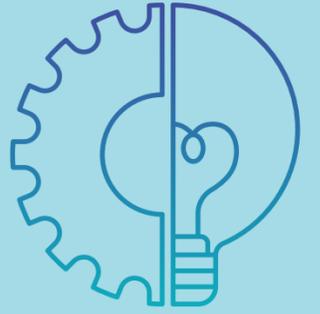
06

Work Ethic





Soft Skills Modules



01

Self- Knowledge & Initiative

02

Capacity to Adapt to Different Situations

03

Communication

04

Teamwork

05

Work Organization

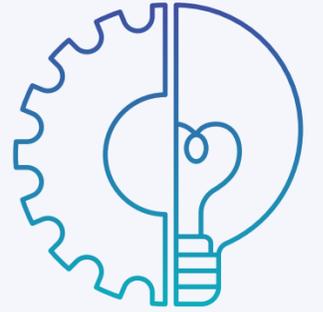
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Work Ethic

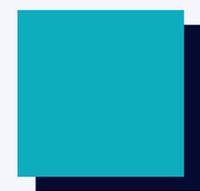




Self-Knowledge & Initiative



This module introduces students to topics such as Self-Knowledge, Self-Motivation, Self-Control, the ability to take initiatives and act proactively as well as have the right attitude towards their work. It is important to lay this foundations in this module so that they can develop further soft skills in the following ones.



Key words

Self-motivation, Self-confidence, Self-control, Proactivity, Initiative, Work Attitude



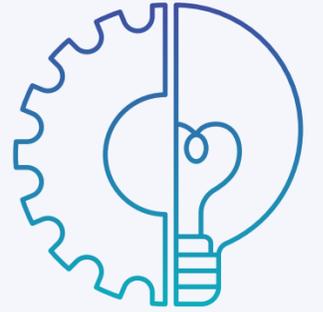
ECTS\Hours

5 Hours





Self- Knowledge & Initiative



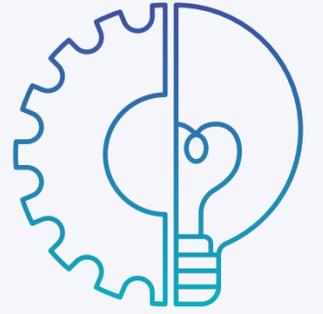
At the end of this module, the learner should be able to:

- 1. Define realistic and concrete objectives
- 2. Identify what prevents her/him to achieve her/his goals.
- 3. Learn techniques that allow her/him to motivate her/himself in difficult situations.
- 4. Know effective strategies to prevent stress and improve emotional self-control.
- 5. Control negative thoughts that generate worry, anxiety or stress
- 6. Know good habits that enhance personal well-being and health.
- 7. Become aware of her/his own thinking mechanism and know other methods that allow her/him to improve thinking skills that facilitate the construction of mental schemes and lifelong learning.





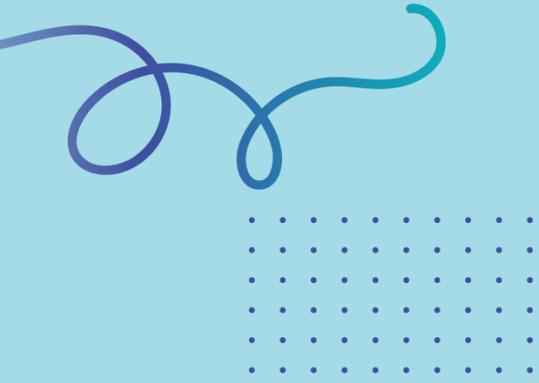
Self-Knowledge & Initiative



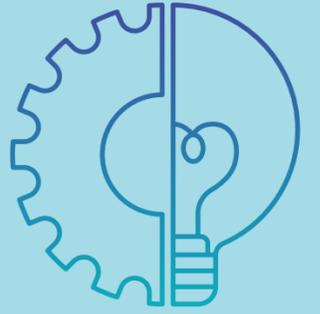
Content of the module:

1. Self-motivation
2. Initiative, proactivity, and good attitude to work
3. Self-confidence and auto control
4. Metacognitive skills





Soft Skills Modules



01

Self- Knowledge & Initiative

02

Capacity to Adapt to Different Situations

03

Communication

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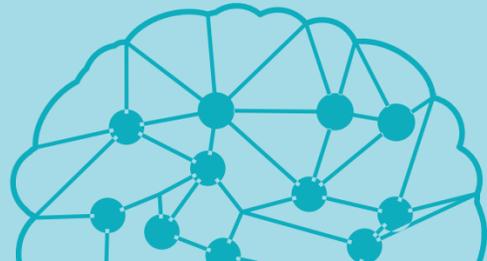
Teamwork

05

Work Organization

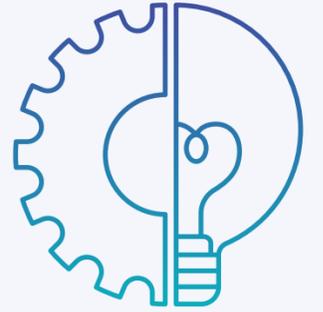
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Work Ethic

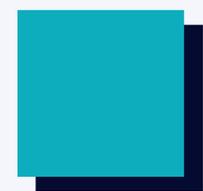




Capacity to Adapt to Different Situations



Medicine is a field that is quite stressful whether we are talking about working in a hospital or even in a laboratory. This is why this module focuses on developing in future health professionals the ability to cope with a variety of situations, whether they involve teamwork, the use of new tools or tasks that they have to manage for the first time.



Key words

Resilience, Stress Tolerance, Flexibility



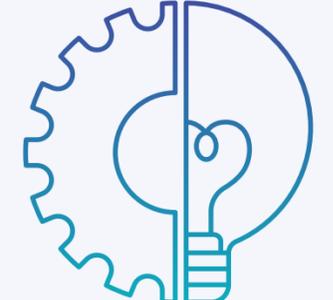
ECTS\Hours

5 Hours





Capacity to Adapt to Different Situations



At the end of this module, the learner should be able to:

-  1. Identify the process of change
-  2. Know different techniques that help her/him to prioritize and adapt her/his own plans and behaviors to new situations.
-  3. Identify and manage the different emotional states generated by changes (including resistance to change), incorporating emotional techniques and tools to deal with situations of change in a constructive way.
-  4. Approach novel situations as a challenge and not as a problem (develop resolute attitudes), identifying the possibilities for change and continuous improvement.





Capacity to Adapt to Different Situations



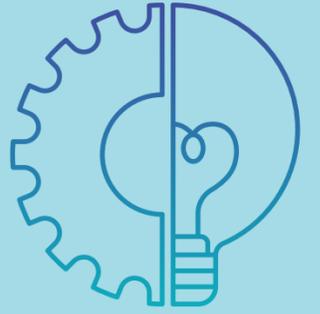
Content of the module:

1. Capacity to adapt to different situations (teams, tools, tasks, etc)
2. Resilience, stress tolerance and flexibility





Soft Skills Modules



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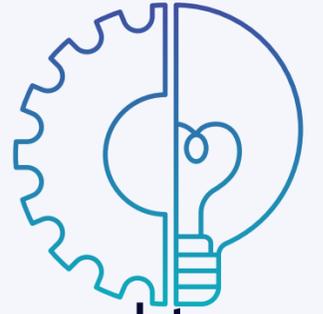
06

Work Ethic





Communication



Communication is one of the most relevant skills that medical students need to acquire. It is very important that they know how to properly express their thoughts and work, whether they refer to patients or present their achievements to members of their team, to groups of other specialties, and even to the general public. In their professional career they will need to have empathy as well as assertiveness in order to convey their findings correctly but also in an understandable and compassionate way.



Key words

Communication, Expressing ideas, Assertiveness, Empathy, Oral Communication



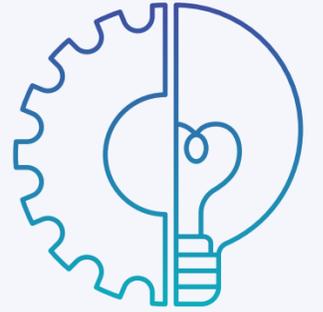
ECTS\Hours

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Communication



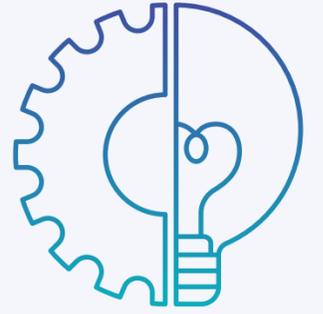
At the end of this module, the learner should be able to:

1. Apply communication techniques that allow her/him to have more connection with the patient, family, colleagues and the general public. Among them, assertiveness, empathy.
2. Have a presence in communication and eliminate communication barriers, such as prejudices.
3. Use some strategies to communicate diagnoses and bad news clearly, concisely and understandably.
4. Know guidelines that help writing of the ideas, so that they are understood and generate interest in the receiver.
5. Recognize the keys that lead to improving success in presentations, and learn some tools that allow them to generate the interest and understanding of the audience (regardless of whether it is a large or small audience).
6. Apply emotional self-management techniques to improve performance in presentations.





Communication



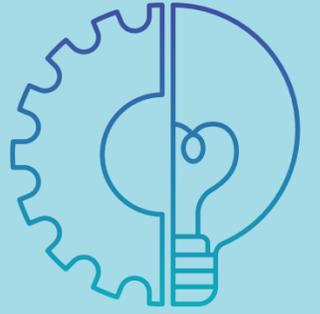
Content of the module:

1. Efficient communication with patients and family
2. Ability to express ideas in writing (reports, emails, etc)
3. Oral communication: assertiveness and empathy
4. Efficient presentation (small and big audiences)
5. Efficient presentation general public/layman's terms





Soft Skills Modules



01

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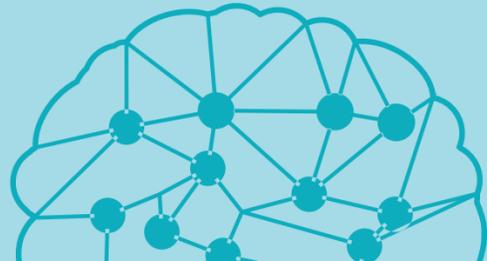
Teamwork

05

Work Organization

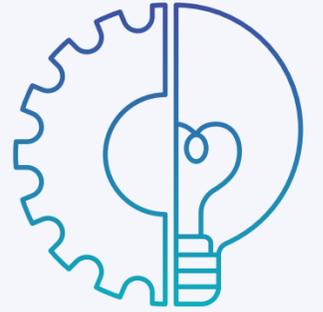
06

Work Ethic





Teamwork



Teamwork skill will allow them to work together in a well-defined but at the same time open to new ideas environment. Especially when it comes to people and groups that include people from other fields of education, these skills are very important in order to make the right decisions and to solve problems effectively, while at the same time, when needed, to be able to negotiate and present arguments, in an understandable way.



Key words

Teamwork, Problem Solving, Decision-Making, Cooperation, Negotiation, Persuasion



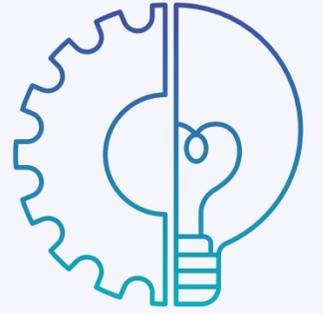
ECTS\Hours

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Teamwork



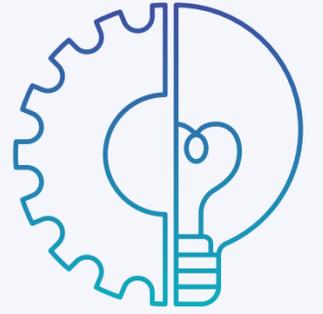
At the end of this module, the learner should be able to:

- 1. Argue the characteristics of an effective team (differentiate it from a group), the skills and activities that are required to achieve effective Multi / inter / transprofessional work teams in the field of health.
- 2. Explain the advantages of teamwork, the phases a team goes through to become an effective team.
- 3. Know the keys to identifying and managing a conflict within a team.
- 4. Know the different negotiation techniques as a strategy for the resolution of conflicts that may arise between Multi / inter / transprofessional teams.
- 5. Know the keys that the team leader must take into account to build a decisive and effective team.





Teamwork



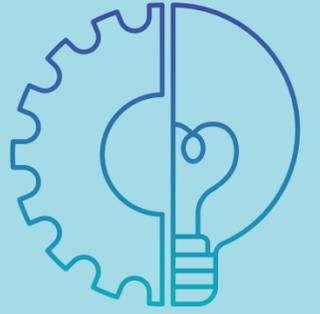
Content of the module:

1. Teamwork and cooperation
2. Problem solving and decision-making
3. Negotiation and persuasion
4. Multi/inter/transprofessional-disciplinary collaboration





Soft Skills Modules



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Work Organization



This module provides an introduction to the fundamentals of Work Organization in nowadays. It is crucial for medical students to know how the modern management works. More specifically they will learn about agile management, innovation management and the usage of project management tools for time management.



Key words

Agile Management, Time Management, Innovation Management, Project Management Tolls



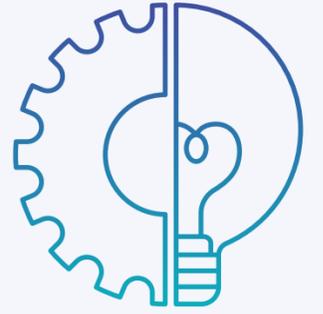
ECTS\Hours

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Work Organization



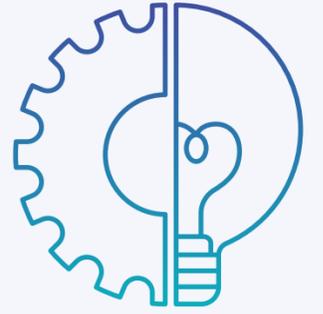
At the end of this module, the learner should be able to:

-  1. Use organizational planning and work time management improvement methods focused on health care
-  2. Identify the internal and external obstacles that really prevent her/him from managing time efficiently.
-  3. Know some tools that allow a better organization of work and optimization of time.
-  4. Recognize and apply some strategies to improve concentration at work.
-  5. Design a personalized plan of action for organization and time management.





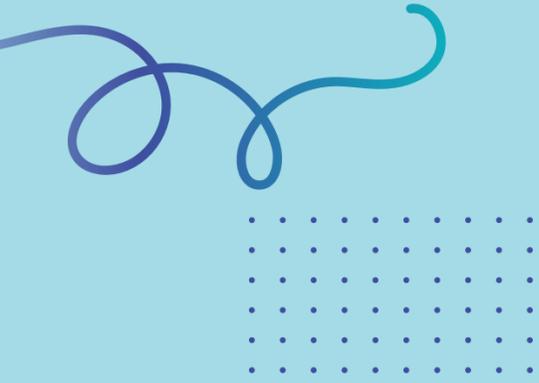
Work Organization



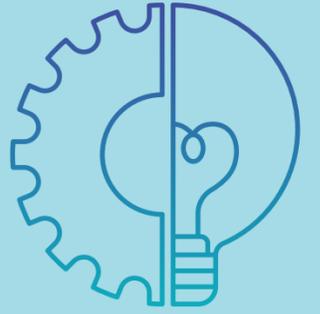
Content of the module:

1. Effective work organization
2. Efficient and effective time management





Soft Skills Modules



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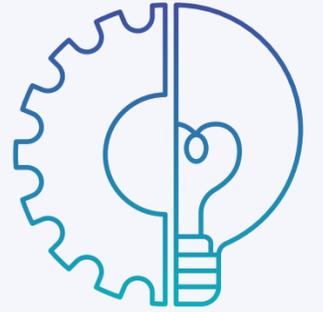
06

Work Ethic





Work Ethic



Medicine is a human-centered science and medical professionals must have a strong background in work ethics. This module will train them to make appropriate ethical responses to everyday situations but not limited to.



Key words

Work ethic, ethical medicine, Ethics and AI, Humanity in Medicine



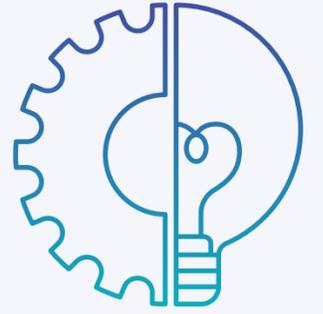
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Work Ethic



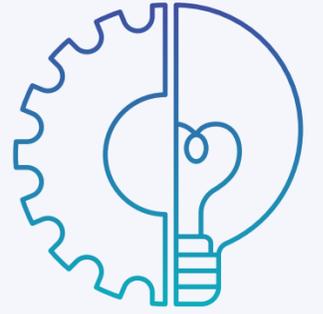
At the end of this module, the learner should be able to:

- 1. Understand the practice of medical ethics in the physician's daily work.
- 2. Analyze ethical issues in healthcare practice and to discover the physician's appropriate responses to everyday situations.
- 3. Evaluate the effects that the absence of medical ethics produces in professional practice
- 4. Recognize and handle errors, investigating their causes to avoid them in the future and take advantage of them.
- 5. Rationalize on Science vs humanity in medicine: becoming aware that biomedical science and clinical ethics are complementary, mutually demanding.
- 6. Reflect on the future of medical ethics especially in the field of artificial intelligence.





Work Ethic



Content of the module:

1. Professional code of conduct
2. Ethical guidelines





**Stay tuned
for more!**



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