

**Name of Resource Person: Dr.K.Soundariya**

**Podcast Title:**

**Series 1: Transforming with the Curriculum**  
**Episode 2: "A to Z" - Aligning to generation Z**  
through active learning

**Department: Medical Education Unit**

**Category: Continuing Medical Education**

## TRANSCRIPT

Hello Everyone..... This is Dr.K.Soundariya, Coordinator, Medical Education Unit, Sri Manakula Vinayagar Medical College and Hospital. Happy to interact with you all in this second episode of the podcast series. In the previous episode, I mentioned few tips to make ourselves competent with the transforming curricula. In the current episode, let us see easy ways to align our teaching learning strategies to the new curricula. The new curriculum emphasizes us to be student-centric...It is high time we turn smart to align with our smart generation "Z"... Yes "A to Z"...Active learning for the generation Z"...Here we shall see multiple strategies to blend with the gen Z.

### 1. **Mapping the curriculum**

Map your curriculum, Chart the competencies, frame the objectives accordingly...most important ...make the students aware about the objectives...they have all the rights to know about it

### 2. **Micro learning modules**

Break your content into short and digestible lessons

### 3. **Media Integration**

Integrate the media in your teaching sessions to align with the tech savvy "Z". Media is always a mesmerizing factor for them

### 4. **Mind mapping**

Encourage students to create mind maps to organize information, to make it more memorable

### 5. **Mentoring Programs**

Peer mentoring, Peer assisted Learning will create opportunities for senior students to guide the young learners.

### 6. **Metacognition**

Teach metacognitive skills, helping students actively monitor and regulate their learning processes.

### 7. **Mock scenarios**

Case base learning and Role play are excellent teaching learning strategies to provoke their critical thinking and applying knowledge in real life contexts

8. **Mixed reality Experiences**

Incorporate simulations in their regular learning process to provide immersive learning experiences

9. **Motivational Feedback**

Provide timely and specific feedback to actively motivate students and help them track their progress.

10. **Mindfulness Practices**

Incorporate mindfulness and relaxation techniques to help students actively manage stress and enhance focus during learning activities.

These "M" active learning strategies align to Generation Z's preferences for interactive, technology-driven, and engaging learning experiences. In the next episode, I will highlight about the appropriate assessment for the transforming curricula.

Thank you!

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