

Study Group vs Independent Study

“Are Two Heads Really Better Than One?”

Susan Cooper MLT CIC
May 2009



Giving Health a Helping Hand

REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

Donner un coup de main à la santé

Objectives

REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- To discuss the pros and cons of study groups
- To demonstrate how to develop a study group
- To review helpful resources
- To share the success of the regional networks in Ontario

Need to recognize that adults:

REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- have previous experiences, knowledge, learning
- need meaningful learning experiences in a supportive, non-threatening learning environment
- need input and involvement into learning process
- prefer active learning experiences which include social interaction
- need to feel respected
- need feedback, reinforcement and ongoing evaluation

Independent Study

REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS



Disadvantages

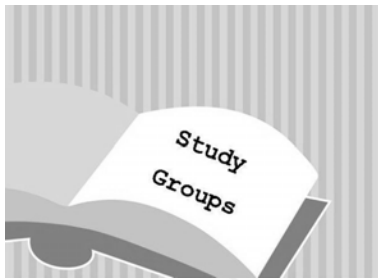
REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- tendency to procrastinate when studying alone
- no opportunity to test understanding of the material by teaching to other people
- can not double-check to ensure understanding of all the materials

Benefits

REGIONAL INFECTION CONTROL NETWORKS  RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- time flexibility
- study can focus on perceived areas of weakness
- best suited to mature students who have strong self-study and time-organization skills



Social Learning

- based on premise that our understanding of content is socially constructed through conversations about that content and through interactions with others

Study Groups

- Studies have shown that students who studied in groups were
 - more engaged in their studies,
 - better prepared for class
 - learned significantly more than students who worked on their own

Important Benefits

- Students in these groups can
 - ask questions to clarify areas of uncertainty or confusion,
 - improve their grasp of the material by hearing the answers to questions from fellow students
 - can take on the role of teacher to help other group members benefit from their knowledge or understanding

Important Benefits

- group members can be source of encouragement to “pick you up” when motivation to study is slipping.
- more committed to study because the group members are depending on your participation.
- interacting with the other group members can make studying enjoyable

Pitfalls of Study Groups

- may easily become distracted/ off track
- developing into a “social group” instead of a study group
- participants not coming to sessions prepared
- stronger members dominating the discussions
- timing not sufficient between sessions

Characteristics of a Successful Study Group

REGIONAL INSPECTORS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INSPECTIONS

- members are prompt and come prepared to work
- regular attendance
- each member contributes to discussions
- feels free to ask questions,
- actively listens without interrupting

Characteristics of a Successful Study Group

REGIONAL INSPECTORS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INSPECTIONS

- show respect for each other
- at the end of each study session, an agenda including responsibilities is prepared for next session
- above all, the positive attitude that “we can do this together” is maintained

How to Start a Study Group

REGIONAL INSPECTORS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INSPECTIONS

- Determine interest
- Invite participants
- Decide how often and for how long you will meet
- Decide where you will meet
- Decide who the leader will be
- Define objectives

Access to study group

REGIONAL INSPECTORS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INSPECTIONS

- Central location
- Survey interested parties to determine best time and place- can be done via e-mail
- Use existing groups for contact information (e.g. CHICA chapter)
- Teleconference & videoconference access

Interest Questionnaire

REGIONAL INSPECTORS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INSPECTIONS

Questionnaire Management

Are you interested in attending a CIC study group?

Yes, please continue with questionnaire

No, questionnaire completed, thank you for your time

Meeting Frequency: how often would you prefer to meet?

10 weekly session: 2-2 1/2 hours long

5 half day sessions

2 full day sessions

What time of day would you prefer?

evenings (after regular working hours 4:30pm-7pm)

mornings (9am-11:30am)

afternoons (1pm-3:30pm)

Continue

What day of the week would you prefer?

Monday

Tuesday

Wednesday

Thursday

Would you prefer to attend the meetings?

in person

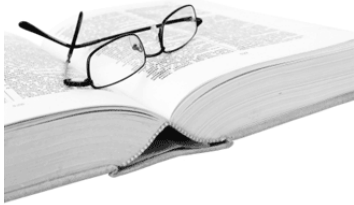
Questionnaires - Summary Report

List Questionnaires Add Questionnaire Copy Items

Question	Summary	
Are you interested in attending a CIC study group?	Yes: please continue with questionnaire - 75.00% No: questionnaire completed, thank you for your time - 25.00%	Total Respondents - 23 Total Responses to this question - 20 Overall Response Percentage - 86.96%
Meeting Frequency: how often would you prefer to meet?	10 weekly session: 2-2 1/2 hours long - 66.67% 5 half day sessions - 13.33% 2 full day sessions - 20.00%	Total Respondents - 23 Total Responses to this question - 15 Overall Response Percentage - 65.22%
What time of day would you prefer?	evenings (after regular working hours 4:30pm-7pm) - 66.67% mornings (9am-11:30am) - 13.33% afternoons (1pm-3:30pm) - 20.00%	Total Respondents - 23 Total Responses to this question - 15 Overall Response Percentage - 65.22%
What day of the week would you prefer?	Monday - 15.38% Tuesday - 30.77% Wednesday - 46.15% Thursday - 7.69%	Total Respondents - 23 Total Responses to this question - 13 Overall Response Percentage - 56.52%
Would you prefer to attend the meetings?	in person - 93.33%	Total Respondents - 23

Resources

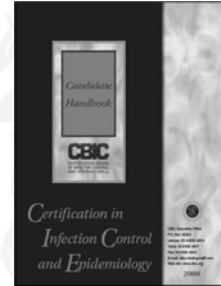
REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS



Candidate Handbook

REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

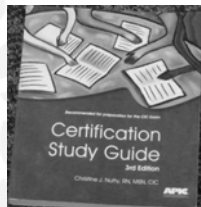
- Contains “syllabus” of study
- Outlines required knowledge
- Available electronically from web site
- www.CBIC.org



APIC Study Guide

REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- Developed by APIC as a study tool
- Not a CBIC product
- Will help identify gaps in knowledge



APIC Text

REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- Primary study tool
- All members need access to text
- Consider setting up “library” to provide access



Other Valuable resources

REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS



Guest Experts

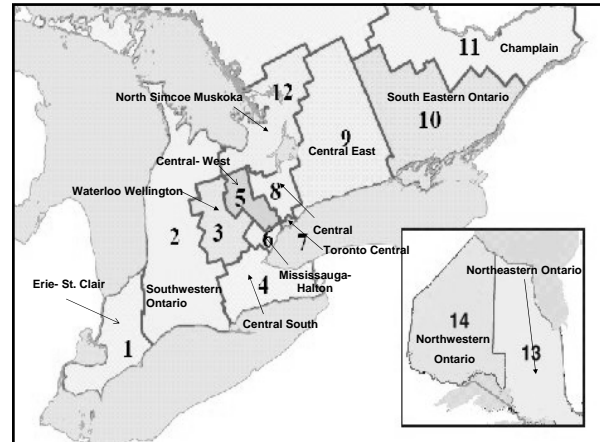
REGIONAL INFECTION CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- Can help fill gaps in knowledge
- Should have knowledge of required information
- Provide “non-IPAC” experts with handbook for guidance
- Recent successful candidates

Helpful Hints

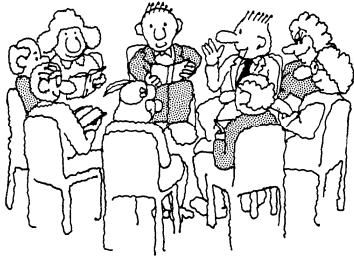
REGIONAL INFECTIOUS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- If you are a procrastinator, commit to the study group, it will get you started
- Book your exam a few months ahead, set out your study schedule and prepare.
- Combination of group and independent review works best for many.
- Don't tell anyone when you have booked your exam...just let them know when you have been successful (too much pressure with people asking "have you passed your exam yet?") Unless that is a motivator for you.



RICN Success Story

REGIONAL INFECTIOUS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS



RICN Experience

REGIONAL INFECTIOUS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- 13 of 14 RICN's have run at least one study group
- RICN contact data base used to determine interest
- Study group facilitated by networks
- Casual, non-intimidating atmosphere
- Toolkit developed to assist newer networks

Participant Requirements

REGIONAL INFECTIOUS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- Eligible to write exam
- Participation in discussions
- Complete study guide questions
- Respect others opinions
- Learn from other group members
- **Have fun!**

Study Group Toolkit

REGIONAL INFECTIOUS CONTROL NETWORKS RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS

- 10 week course of study (flexible)
- information on exam "how to"
- recommended reading
- links to reference material
- field trips (Micro Lab, Central Processing etc.)
- prepared presentations based on CBIC handbook "syllabus"
- sample questions
- games

Certification Study Group Schedule		Option #1				
Week	# of Weeks	Topic	CBIC Question Wgt	Study Guide Chapter	APIC Text Chapters	Ready Reference Chapters
	2-3	Identification of Infectious Disease Processes	27	1	14, 15, 16, 17, 38-44, 58-62, 69-101	6, 7, 8, 9, 11, 13, 15
	2-3	Surveillance and Epidemiologic Investigation	32	2	2, 3, 4, 5, 6, 7, 22, 23, 24, 25	2, 3, 4, 17
	2-3	Preventing/Controlling Transmission of Infectious Agents	36	3	13, 18, 19, 20, 21, 45-57, 63, 64, 65, 67, 68, 102-109, 113-120	1, 10, 13, 14, 15, 17, 18, 19
	1	Program Management and Communication	17	4	1, 8, 9, 10, 12, 33, 34, 35, 36, 37, 121	1, 5
	1	Education and Research	12	5	11, 29, 30, 31, 32	
	1	Infection Control Aspects of Employee Health Occupational Health Program	11	6	26, 27, 66, 110, 111, 112	16, 7, 12,

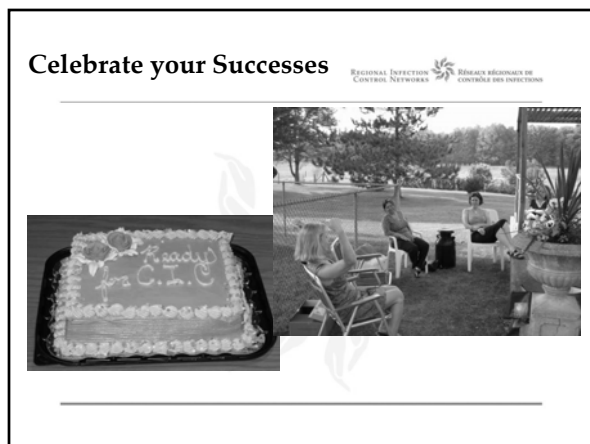
Developed by CIC Study Working Group August 2008

Giving Health a Helping Hand
REGIONAL INFECTION CONTROL NETWORKS / RÉSEAUX RÉGIONAUX DE CONTRÔLE DES INFECTIONS
Donner un coup de main à la santé

- ## Challenges
- Distance
 - Remote areas use videoconferencing and teleconferencing extensively
 - Weather
 - Varied background of participants
 - Acute care
 - Long Term Care
 - Community Care
 - Public Health
 - Extra sessions needed to fill identified gaps

- ## RICN Successes
- Average attendance at groups : 10-12
 - Varied backgrounds and experience levels of participants
 - Study Group attendees (as of March 1, 2009)
 - Newly certified: 72
 - Re-certified: 5

- ## South Eastern Ontario Experience
- 3 study sessions held
 - 2006: 5 CIC in SE Ontario
 - Currently: 18 CIC in SEO (as of March 15, 2009)
 - All but 1 newly certified and 1 re-certified have attended study group sessions
 - Weather & distance a factor in attendance



References

- Comparing Student Performance in Independent Study versus Traditional Lecture Sections
- Donna J. Fremont, Norman Giesbrecht, Kenneth Loose,, University of Calgary
- Brookfield, S., (1990). *Understanding and facilitating adult learning*. San Francisco, CA: Jossey-Bass
- Caffarella, R., (2002). Devising transfer-of-learning plans. In *Planning programs for adult learners: A practical guide for educators, trainers, and staff developers* (2nd ed.). San Francisco: Jossey-Bass