|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **P1-Y2** | **P2-Y2** | **P3-Y2** |
| Describe your experiences of the teaching of the acupuncture programme | I am enjoying my studies of acupuncture. The teaching programme is well thought out allowing us to understand the work as well as practice the theory in a practical aspect. The work is taught really well where I am able to understand and follow what is happening throughout the lecture. The pace is good that it allows us the accomplish a lot of work but it also gives us time to question Dr X and follow the work being taught | The first week of teaching was very good, however, it took a little time to get accustomed. Once I understood how Dr X “works” it was easy to find a method to best suit me for learning. A few students apparently said the teaching was quite fast, however, I disagree. As long as you have gone over the slides in preparation for the class the pace was perfect.  This week we worked a bit faster, and it was easier to follow as I understood Dr X method of teaching better. | During my first week up until now, the teaching experience is great. The teaching during the contact classes helps a lot and when there are questions asked, I can identify my level of knowledge on the week’s content. The practicals after the teaching help me to understand the work better and I get to experience it up close and correct my mistakes in future. The practicals help me to remember the content better.  The teaching was good. I feel that the content about the stomach and spleen meridians were taught well.  I received this week’s teaching great. I understood the work easily and it was easy to take notes when a model was presented to show us where the acupoints were located.  The teaching this week was good. I understood the work about the stomach and spleen meridians. It was easy to take notes. I also find it easy to locate acupoints when a model is used to demonstrate where the acupoints are located and how to locate them. |
| Explain your experiences in the learning of the acupuncture programme. | I am enjoying the acupuncture module. I enjoy the way the lectures are set because it allows me to learn the theory aspect of the module and put my knowledge to the test by locating the acupoints on my fellow classmates. | As I previously mentioned, it did take some time to find what best suited me. At first, I tried making full notes as he spoke, but switched in the second week to make notes on my iPad over his slides. This proved to be faster and allowed me to take down important additional notes other than what was already given.  Taking notes on my iPad over the given slides and taking additional notes on paper works best for me. Although I would like to act as a model to find the correct points on myself, I like taking down notes.  We had a class quiz on Tuesday that went better than the previous one for me. Still needed to be more prepared, however, I better understand Dr X type of questions. I got 7/10, although it would have been 8/10 if I went with my original answer and did not doubt myself on the 1 question. We were given 15 more seconds per question which I was feel was more than sufficient. | Last week’s content was exciting to study, and I learned a lot in the last week. It was interesting to get to know the difference between acupuncture and dry needling. I really enjoyed learning about the acupuncture needle and the different kinds of lengths and know how the different sizes are used for different locations on the body. The different angles (perpendicular, oblique, and horizontal) which the needle can be placed into the skin was fascinating as well.  It was interesting to learn about the large intestine, lung, and stomach meridians in detail. When a model was used to demonstrate where the acupoints was located, it made the learning experience easier. It was easy to interact with each other. Questions were easily answered when they were asked.  I learned a lot about the stomach and spleen meridians. This week we switched partners to get the feeling of different body types. I could see that everyone’s location of acupoints is different, for example, it is their height that makes a minimal difference.  The learning experiences this week was exciting. I really enjoyed studying the stomach and spleen meridians. Especially the stomach meridian. The work we discussed this week reminded me of how important it is to revise the Basic Theory |
| Explain your experiences in the assessment of the acupuncture programme. | We wrote a quiz which I found to be very good for the students as it allows us to continuously practice and revise the work we have learnt in the lectures. This form of continuous quizzes makes sure that I am constantly revising and practising my work | We wrote our first quiz on Monday which consisted of 10 questions covering information on the introduction, lung, and large intestine meridians. The test was fair and well structured. The timed slides were also perfect. I did however have a busy weekend of moving, thus forgot about the quiz and only got 5/10 correct, which was not bad for not preparing at all. I will definitely prepare more for the subsequent quizzes. | My assessment this week taught me where my knowledge of the stomach and spleen meridians lacked and which information, I need to focus on a bit more |
| Explain your experiences (advantages and disadvantages of practicals) in the acupuncture programme. | I am enjoying the practical aspect of the module as it allows us to practise locating the points from the beginning and it allows us to ask for help if we are unable to locate a point perfectly. Acupuncture is a practical career therefore I believe practicals are very good because it allows us to learn as if we were in a clinical environment | I thoroughly enjoy the practice aspect of the module. We got to locate points on our partners and Dr X doubled checked and corrected our points were necessary. We also learnt of needling techniques to use and practised needling the pillow.  On Monday we also began needling our partners. This was really fun and scary. I managed to locate the points well, however, I was nervous of hurting my partner. Furthermore, I myself was a bit nervous of being needled. We needled points: LU7, LI4, and LI11. | The advantages of the practical classes are that we can engage in the content together and explain in different ways so each of us can understand. We can help correct each other’s mistakes. I enjoyed it when the lung and large intestine meridians were explained and afterwards, we got the chance to identify the acupoints on each other’s body. The highlight of the week was where we received a needle to practice needling techniques at home. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_There are no disadvantages for me of the practicals  I received and practised acupuncture for the first time this week and it was a nerve-wracking and exciting experience. We needled some of the lung and large intestine acupoints on our peers. All precautions were performed before, during and after needling my patient. The first time when I inserted the needle into the skin, I was nervous. I did not want to hurt my patient, but he told me that he trusted me and that made my practical experience so much better. I was not so nervous anymore. After a few moments, I got the hang of it and it made me enjoy my practical experience a lot. When my peer got the opportunity to practice his needling on me, I felt nervous, but after he made his first insertion it was not as bad as I thought. Throughout the entire practical we communicated well with each other and listened to what the other had to say.  The acupuncture practice this week was very exciting. I found some of the acupoints difficult to locate and that I needed to practice a bit more to get the feeling of it. During practice, my partner and I helped each other a lot in terms of explaining things to one another and having good communication skills. |
| What are your views of the acupuncture programme? | The entire programme is very good and informative. I am constantly learning new things and enjoying myself. | My views are very positive. I enjoyed needling my “patient” and class partner.  The acupuncture programme is very interesting yet so challenging. Everything is starting to feel interesting as I have been in the clinic for the past week. I am more interested and want to learn about acupuncture. It actually requires critical thinking sometimes, for example, the cases that are sometimes presented are not exactly like the ones on our textbooks or notes. | So far it has been a great experience. There is always something new I learn every day. |
| Recommendations |  |  |  |
| Teaching |  | Thus far I don’t have recommendations. I like the speed and content of the teaching. |  |
| Learning |  | I definitely advise revision before and after each session. I know I personally need to revise last year’s work again. | During teaching, do not be afraid to ask questions if you do not understand.  Keep your mind fresh about the work by revising the week’s content  Revise your work daily. |
| Assessment |  | I need to revise the weekend before the test, and after each class. |  |
| Practice |  | Although I like my current partner (Safiyyah) as we both work fast, I do feel we should rotate amongst ourselves to get accustomed to working on different people, i.e., size, race, gender, ect. | Practice on different body types to feel the difference when palpating the acupoints.  Practice at home to keep your skills sharp. |