



The University of Vermont  
LARNER COLLEGE OF MEDICINE

June 14, 2019

Dear Larner College of Medicine Student, Class of 2023,

The Active Learning Team, part of the Office of Medical Student Education, congratulates you on your acceptance to the Larner College of Medicine at The University of Vermont. We work closely with course directors, faculty, and students to ensure a positive and engaging educational experience through the facilitation of evidence-based pedagogy throughout the curriculum.

Before delving into the rich curriculum at the Larner College of Medicine, we want to take some time to talk about the science of learning. Medical School curricular content is dense, and it is built like a pyramid, starting with the “Foundations” level. We believe it important to deliver content in a way that is enduring so that after studying the physiology of cells and systems, pathology and clinical experiences are more meaningful, ultimately impacting patient care positively.

To that end, our team is sending the Class of 2023 a copy of *Make It Stick: The Science of Successful Learning* by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel. Just as the Larner College of Medicine aims to teach students the necessity of evidenced-based medicine, so the Active Learning Team strives to share with students the most effective, evidence-based learning methods.

As the authors explain, “It turns out that much of what we’ve been doing as teachers and students isn’t serving us well, but some comparatively small changes could make a big difference.” In other words, we want you to study smarter, not harder.

The Larner College of Medicine is striving to deliver all curriculum via “active learning.” Active learning is student-centered, and it capitalizes on the science behind spaced repetition, interleaving, and the testing effect. Our students complete independent learning outside of class and work in class to solve cases and problems in small groups. This process mirrors how physicians care for patients. The skills you learn during active learning will prepare you for your career.

Please read this text over the course of the next two months. It is your first required independent learning material. You will be revisiting the research and recommendations of *Make It Stick* during an Orientation session and throughout your first courses. We also hope that you participate in the JumpStart VIC course that LCoM is offering, either online or in residence, which will also incorporate the science of learning.

If you have any questions or comments, you can reach out to us at [activelearning@med.uvm.edu](mailto:activelearning@med.uvm.edu).

Enjoy your summer. We look forward to meeting you in August if not before.

Jesse Moore, M.D., Director of Active Learning

**ACTIVE LEARNING, OFFICE OF MEDICAL STUDENT EDUCATION**

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