Guidelines for IHP Reflections

The International Health Program supports and encourages students’ pursuit of medical research as an asset to their NYU medical education. Pursuing research internationally has many added benefits, chief among them:

- fostering cultural competence
- learning first-hand about the medical profession and health systems in other cultures
- demonstrating and practicing their own professionalism
- honing communication skills with other professionals and patients from a wide variety of backgrounds

Students are asked to write 2 reflections of about 500 words each, one in their IHP application and one on returning from their IHP experience.

**IHP application reflection**

500 words
Identify at least one learning objective for your international experience, outside of your research topic. This can be in the area of cultural competence, professionalism or communication skills. The reflection as a whole should explain how and why the student expects this experience to be valuable to their medical education and future practice of medicine.

**Post-IHP Reflection**

500 words
Review your learning objective and reasons for pursuing this international research experiences. In light of your actual experience, did your experience actually help you attain this objective? If it did not, please explain how the experience impacted your learning differently.

**Example Learning Objectives** in cultural-competence, professionalism & communication skills. Note, these are suggestions; you are encouraged to create your own learning objectives.

- understanding of the manner in which people of diverse cultures and belief systems perceive health and illness and respond to various symptoms, diseases and treatments
- understanding demographic influences on health care quality and effectiveness, such as racial and ethnic disparities on the diagnosis and treatment of disease
- the need for self-awareness regarding any personal biases in my approach to health care delivery
- the need to be concerned with the total medical needs of their patients and the effects of social and cultural circumstances have on their health