

Target Audience: M1s/co2026

M1 Study/Review Workflow Skills Sessions

date/time/location determined with tutor facilitator

Open to all: Leverage the science of learning in your pre-clinical session prep and content review workflows, small skills group led by near peer tutor Dario Vanegas (co2025)...

[Sign up if you are interested in this small group consulting session \(limited to three per meeting\)](#)

DESCRIPTION: Introducing a new small group learner development skills session for M1's, developed by Peer Tutor Dario Vanegas (co2025).

The approach of this interactive session is called ""PARTS"": The highly applicable PARTS framework incorporates key principles from the science of learning and adapts these to a workflow methodology for Foundations level self-directed prep/review.

Key concepts in Dario's PARTS framework include: priming objectives and pre-session content, actively engaging with the content, active retrieval-based processing with pre-work, self-assessment/self-testing, applying knowledge, leveraging metacognitive skills, incorporating a distributed review/reinforcement practice with spaced repetition.

The skills sessions are limited to three participants per offering. Session participants will interactively discuss the PARTS framework and principles, then generate ideas for how to adapt them to their own unique study/review workflow. What does ""PARTS"" stand for?

[Sign up for a session to find out!](#)

Message from Dario:

Hello everyone, I hope you are all doing well. My name is Dario Vanegas a second-year medical student at the Larner College of Medicine. I am reaching out to let you all know that I will be offering a skills session where I will be teaching a system that I devised based on my experience as a medical student called PARTS. This system encompasses the science of learning and a systematic approach to navigating our curriculum successfully. It will help you engage in active learning, maximize pre-work, and retain concepts at a higher level for you to succeed in your FoCS blocks and beyond.

Additionally, I will be discussing a few other principles that will help you be more efficient with your studies and become better lifelong learners. These are all core principles that have helped me immensely and that have benefited some of your current classmates that I have tutored. My idea is to present these ideas and have an interactive session with all of you. If you are interested, I encourage you to sign up for one of the upcoming sessions. Thank you all for your valuable time!

Submitted by: [Timothy Moynihan, PhD, Director of Academic Achievement](#)

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