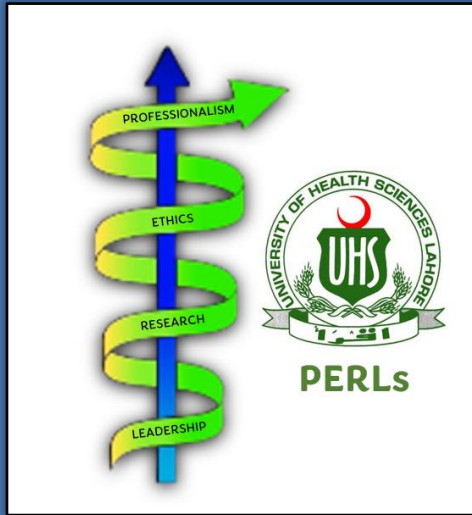# Curriculum 2K23

PERLs

Professionalism, Ethics, Research & Leadership skills portfolio

Name of the Mentor

Name of the Student

PROFESSIONALISM

ETHICS

RESEARCH

LEADERSHIP

UNIVERSITY OF HEALTH SCIENCES LAHORE

UHS

PERLs

PERLs Module Year 1

ATTRIBUTES	COMPETENCIES
	PROFESSIONALISM
Communicator	1. Demonstrate non-verbal, verbal, written and electronic communication skills with peers and teachers
	2. Develop an argument
Caring & Empathic	3. Demonstrate respect of diversity in gender, age, culture, race, religion, disabilities, and sexual orientation for peers
Responsible & Accountable	4. Follow the dress code and rules and regulation of the institution
	5. Demonstrate punctuality
	6. Discuss professional code of conduct
	7. Take responsibility of one's actions and be accountable to oneself
	8. Engage in orientation, co-curricular and extracurricular activities
Team Player	9. Work respectfully and effectively with their peers and participate in different team roles
Self-Aware	10. Identify personal strengths and areas of improvement
	ETHICS SKILLS
Digital Citizen	11. Keep personal and professional data and information safe
	12. Understand cyberbullying, harassing, sexting.
	13. Design a professional digital footprint and use appropriate online etiquette and follow rules for every Internet resource
	RESEARCH SKILLS
Evidence Based Practitioner	14. Locate credible scientific data
	LEADERSHIP SKILLS
Resilient & Adaptable	15. Demonstrate healthy coping mechanisms to respond to stress
	16. Demonstrate patience and tolerance
Self-directed Learner	17. Manage time effectively
	18. Identify the gap in own learning
	19. Set and track learning and improvement goals
	20. Identify and seek help as and when required to achieve the set goals

BLOCK 1 ENTRIES					
CODE	SPECIFIC LEARNING OUTCOMES	DOMAIN	ATTRIBUTE	TOPIC	PORTFOLIO ENTRY
PERLs- 1-01	Describe a Portfolio Describe types of portfolios Identify Portfolio entries Write reflection based on Gibbs reflective cycle	PERLs	PERLs	Reflective Writing	Reflective writing on portfolio outline development
PERLs- 1-02	Demonstrate non-verbal and verbal communication skills. Describe principles of Communication. Discuss types of Communication at professional level. Identify different Communication Styles. Explain the importance of non-verbal communication. Demonstrate active Listening. Describe assertive Communication techniques. Describe barriers to Effective Communication.	Professionalism	Communicator	Verbal and non-verbal Communication Skills	Communication encounter with a peer or teacher
PERLs- 1-03	Follow the dress code and rules and regulations of the institution. Demonstrate punctuality	Professionalism	Responsible & Accountable	Responsibility towards institution and the profession	Quiz on rules and regulations of the institution
PERLs- 1-04	Describe characteristics of a team Describe types of teams Discuss stages of team development Identify various team roles Discuss barriers to effective teamwork	Professionalism	Team Player	Teamwork	Self- evaluation through reflective writing
PERLs- 1-05	Maintain personal privacy while sharing information Identify cyberbullying, harassing, and sexting Describe cybersecurity laws Discuss digital rights and responsibilities	Ethics	Digital Citizen	Digital Identity & footprint	Case discussion of cyberbullying
PERLs- 1-06	Discuss Science and scientific evidence	Research	Evidence based practitioner	Difference between science, philosophy, art and Scientific method	Assignment on application of scientific method to a problem

CODE	SPECIFIC LEARNING OUTCOMES	DOMAIN	ATTRIBUTE	TOPIC	PORTFOLIO ENTRY
PERLs- 1-07	Identify gaps in learning through reflection	Leadership	Self-directed Learner	Strategic planning Personal development plans Goal Setting	Written gaps in being a learner with goals
BLOCK 2 ENTRIES					
CODE	**SPECIFIC LEARNING OUTCOMES**	**DOMAIN**	**ATTRIBUTE**	**TOPIC**	**PORTFOLIO ENTRY**
PERLs- 1-08	Demonstrate punctuality	Professionalism	Responsible & Accountable	Responsibility towards self and the profession	Attendance record
PERLs- 1-09	Manage time effectively	Leadership	Self-Directed Learner	Time Management	Self and/or teacher feedback
PERLs- 1-10	Demonstrate respect of diversity in gender, age, culture, race, religion, abilities, and sexual orientation for peers	Professionalism	Caring & Empathic	Diversity Equity Inclusion	An encounter with a specially abled person
PERLs- 1-11	Design a professional digital footprint and use appropriate online etiquette and follow rules for every Internet resource	Ethics	Digital Citizen	Professional Social Media Platforms Rules and regulations of two social media platforms	Professional profile on LinkedIn
PERLs- 1-12	Describe responsibility to oneself Discuss responsibilities of being a learner	Professionalism	Responsible & accountable	Learning styles Learning Domains Motivation	Written assignment
PERLs- 1-13	Discuss professional code of conduct	Professionalism	Responsible & accountable	Responsibilities of a doctor	Case analysis of non-professional practice
PERLs- 1-14	Work respectfully and effectively with their peers	Leadership	Team Player	Effective teamwork Building Rapport	Peer feedback
PERLs- 1-15	Set Learning Goals	Leadership	Self-directed learner	Value identification Goal setting	List of goals

CODE	SPECIFIC LEARNING OUTCOMES	DOMAIN	ATTRIBUTE	TOPIC	PORTFOLIO ENTRY
PERLs- 1-16	Locate credible scientific evidence	Research	Evidence based practitioner	Sources of scientific data Databases Search Engines Grey Literature	Assignment on building a literature search

BLOCK 3 ENTRIES					
CODE	SPECIFIC LEARNING OUTCOMES	DOMAIN	ATTRIBUTE	TOPIC	PORTFOLIO ENTRY
PERLs- 1-17	Demonstrate patience and tolerance	Leadership	Resilient and Adaptable	Tolerance Patience Role of emotional regulation Giving feedback	Teacher feedback
PERLs- 1-18	Demonstrate healthy coping mechanisms to respond to stress	Leadership	Resilient and Adaptable	Stress Coping mechanisms	Self or peer evaluation
PERLs- 1-19	Developing an argument	Professionalism	Communicator	Structure of an argument Validity of an argument	Write an argument
PERLs- 1-20	Identify and seek help as and when required to achieve the set goals	Leadership	Self-directed learner	Seeking help Right way to ask Right way to give gratitude Receiving feedback	A narrative of seeking help from a knowledgeable other in personal or professional life