

THE HOEKELMAN CENTER



SCHOOL OF
**MEDICINE &
DENTISTRY**
UNIVERSITY of ROCHESTER
MEDICAL CENTER

Exploratory Learning

Think about something that has fired you up in your day-to-day clinical or personal experiences over the past couple of weeks/months.

Maybe something you read, heard, observed. Perhaps an interaction with someone that struck a nerve. Perhaps it has something to do with a specific patient encounter, or perhaps a systems problem, or perhaps a neighborhood problem.

Then, use that energy and turn it into something positive that you can carry with you throughout your professional career.

Food for thought...

1. **Dig deep into a health-related social problem you have seen a lot of lately – housing, employment, access to affordable daycare, access to healthy foods – and become the local expert. Write a one-pager about what you have learned.**
2. **Why doesn't my patient/family eat better/exercise more?**
 - * Do a home visit
 - * Develop a community asset map for one of your patients, identifying valuable and accessible resources in and around their neighborhood.
3. **Meet with one of your local legislators to discuss a topic of inspiration/concern or speak up at a city or county legislative meeting or school board meeting.**
4. **Create a community resource handout, trifold, or poster that you can share with patients/families at the end of an appointment or in the waiting room.**
5. **Write an article on a community-based organization to be highlighted on the Kids' Thrive 585 website or facilitate an interview for the Kids Thrive 585 Thriving Forward Podcast (available on Apple, Spotify).**
6. **Write a letter to the editor to the D&C, City Newspaper, or The Rochester Beacon on a topic of inspiration.**

***** Please think beyond creating a “dot phrase” *****