

## T7. I DON'T KNOW ACTIVITY TO DEVELOP HELP-SEEKING BEHAVIOURS<sup>a</sup>



### Instructions for Teacher:

- Ask a learner questions of increasing difficulty.
- Stay neutral as the questions become increasingly less accurate. Just accept the answers.
- Eventually — and it may take a while — a learner will say: “I don’t know.”
- When the learner says, “I don’t know” reward them (e.g. applause, box of Smarties)
- Then discuss the importance of those three words
- Discuss how to become comfortable with not knowing, asking for help, where/how to get help.
- You may adapt this approach by making it a subtheme for rounds on a given day and done in groups.

Comments:

---

---

---

---

---

---

---

---

---

---

<sup>a</sup> Adapted from Smith R. Thoughts for new medical students at a new medical school. *BMJ*. 2003; 327.7429: 1430.