

## **Supplemental Digital Appendix 1**

### **Sample Personalized Writing Prompts for the Creating Your Personal Statement (Reflective Writing) Session for Third-Year Students, Medical College of Wisconsin**

Jot down a word or two about each of the following moments:

- The first patient I felt was “my own”
- The thing that surprised me most this year
- The thing(s) I find most challenging (good and bad) about my chosen specialty
- A scary incident
- Three specific things that have changed about me since M2 year
- An incident I observed in a clinical situation that really changed how I look at medicine
- What I remember about the exact circumstances when I chose my field (e.g., what happened, what a mentor said or did, etc.)
- A time when another person (student, faculty, resident) did something that made me uncomfortable
- The patient I will never forget
- A gift (real or figurative) that someone gave me this year
- Something that I have wanted to write about and better understand

## Supplemental Digital Appendix 2

### Sample Participant Written Comments on the Creating Your Personal Statement (Reflective Writing) Session for Third-Year Medical Students, Medical College of Wisconsin, January 2015-June 2018

- I was surprised how useful I found the writing exercise to be.
- This was really helpful—grateful for the opportunity to do this.
- Thank you for giving us the opportunity to reflect on our third year and tap into our creative juices a little bit.
- I was resistant to the thought of this process at the beginning, but ... [it was] a good and enlightening experience.
- I wrote about my struggle of being a good physician. This exercise helped me come up with a solution to this struggle.
- Didn't want to write but was glad you had me write. Great session and very helpful.
- I found a lot of meaning in an experience that had been sitting in my memory without being fully explored until today.
- We should have these frequently through 3rd year.
- We get very few opportunities for creative thinking and writing. Thank you!
- I initially was skeptical, but it turned out I wrote less about a specific patient encounter but reflected on handling my nervousness which has been an issue... [T]hat was helpful as I thought of ways to make myself aware of that.
- It allowed me to reflect on my experiences and realize what has been valuable to me this past year and why.
- It really got me thinking and reflecting about my patient encounters.
- Helped me mentally walk through a tough patient.
- I came into it saying I hate writing but actually had fun! This was helpful for me to get down to my true feelings about things going on in my life.
- I found the prompts surprisingly evocative. I remembered more than I thought I would.
- I had never done anything like this before. It made me value journaling much more than I did.
- The free writing session allowed time to think about our clinical experiences when we barely have any time to breathe after our day is done. THANK YOU!
- Turned out better than expected coming from someone who hates writing.
- It's scary to start writing but once given time and opportunity, I felt more comfortable and confident.
- Had a lot more to write than I thought.
- I was surprised at my insight to some of the prompts—it helped bring back significant memories. I was also surprised at my poverty of thought with some of the prompts.
- Really helpful. Nice to have [this] environment to just work, especially for someone like me who hates writing.
- This would be a useful activity on every clerkship...it is a good way to have some structured time to reflect on what can be overwhelming/heartbreaking clinical experiences.

Supplemental digital content for Campbell BH, Treat R, Johnson B, Derse AR. Creating reflective space for reflective and “unreflective” medical students: Exploring seminal moments in a large-group writing session. Acad Med.

- It's good to be forced to do this because I typically avoid writing, but this was really great.
- I struggled during the January intersession. I had focused so much on surviving 3rd year. That session taught me to be more thoughtful going forward.