

Art of lecture in medical education

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Abstract

Teaching and learning is a lifelong process for human being. It ends with the end of lives. The professional teachers of all subjects are doing very tuff job. The adult learner only learns if they like the lecture or speech. So, the lecture should be made interesting or attractive. The teacher has to be skilled in teaching and lecturing methods. For quality and effective lecturing all teachers should know the modern techniques of teaching. Therefore training of all teachers is a must. All academic institutions need to arrange training for their teachers. The present article suggests some important tips for developing lecture and teaching skills for effective and quality teaching which might be helpful to those teachers who are not getting institutional training. One or more of the tips mentioned in this article may be used according to the topics during lecture time.

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Introduction

The most acceptable and recognized mass procedure of learning is through teaching and lecturing method. From the first day of life, mankind starts learning through teaching, training or through demonstration. All students learn from pre-primary to university level through lecture method. Throughout the world, lecture method is the most accepted and popular method for large group teaching till to day.¹ It is very difficult for a teacher to hold the attention of all students without knowing and applying scientific art and methods of teaching. So, it is a must for the teacher to know and follow the effective ways of teaching and delivering lecture. Nobody can teach anybody, but a teacher only can assist the learner through teaching method to acquire knowledge by the learners.

Educationists have designed or developed many tips to follow for delivering effective lecture. Most of our teachers are not acquainted with that arts and techniques. But for delivering effective lecture all teachers should follow the modern methods of lecture delivery. All teachers should know and use the appropriate media and teaching aids.³ Lecture becomes very attractive by use of related body language during lecture. So, all teachers should know about different types of body language. Another vital aspect of effective lecture is learning environment. All teachers should pay attention to

the learning environment and must remove all barriers of lecture and learning, like noise, ill ventilation, insufficient light and sound system. Skillness develops through training and for effective teaching; all teachers should be trained to develop their teaching skills.

There is not sufficient arrangement for training of all teachers. For self development, teachers need some quality guidelines which they can follow. The aim and objective of writing this article is to ventilate some scientific methods and technique to teachers, which will help them to develop lecture skills for effective and quality teaching.

Insights

A research team observed 3700 hours of all styles of teaching, from 'strict, traditional' to 'progressive, friendly'.⁴ The observers were surprised to find that the style of teaching is not a critical factor. Any style is good if the teacher- is transparent- being 'self, not 'teacher', having no mask or pretence; prizes- values the learners as individuals; and shows empathy- understands the learners' situations. When an examination becomes an end in itself, the teaching and learning are distorted. The powerful steering effect of examinations means that the predicted examination content is eagerly studied for exclusion of all rates.⁵ This encourages a hurdle

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jumping approach to learning. Huxley, an educationist, eloquently elaborates this many decades ago as: "Experienced friends of mine do not hesitate to say that student, whose career they watch, appear to them to become deteriorated by the constant effort to pass this or that examination.⁶ He observed that students work to pass, not to know and they do pass and they don't know.⁶

Lecture and teaching

The word lecture originated from the Latin word "Lecture" meaning "to read aloud". Traditionally lectures were given by reading from books, notes or printed materials. Lecturing is considered to be an art and the skill of lecturing has to be attained by practice. A good lecture is defined by Baughman ' to be one delivered by a lecturer who is knowledgeable and is skillful in delivery and in establishing a comfortable relationship with the students. A lecture is a carefully prepared oral presentation of facts, organized thoughts and ideas delivered by a qualified person to students or participants. It is a talk or series of talks given to a group of learners or students on a subject, especially as a way of teaching of a college or university course. Lecture is the formal presentation of a topic or subject covered in a limited time by a speaker or teacher simulating students to become active learners in their own right.⁸ Sometime lecture objectives may remain unclear and disorganized. The audience may be less attentive as usually lecture is one way communication and the scope of asking questions is limited. The skills involved in giving a good lecture, just as with acting, must be learnt and the performance must be thoroughly rehearsed. Good lectures are well-planned, well-structured, well-delivered and properly timed. The word 'Teach' means to give lesson to students in a school, college, university, etc; to help somebody to learn something by giving information about it. Teaching is an organized communication, interactive process and an intentional activity for learning. To complement the challenge to lectures, innovative methods have been devised to help student learning in the context of large group lectures, which is still worth consulting.¹⁰ Effective teaching is stimulating and encouraging and through which goal is achieved, positive attitude developed and thinking ability nurtured and it builds self-directive learners. Some aspects should be considered during delivering a lecture as the topic should be preplanned and organized, students' comprehension about the topic should be judged, any sort of writings on board should be

clear, students should be encouraged to ask questions and they should be asked for feedback.^{11,12}

Lecturer or teacher

A lecturer or teacher is a person who helps a group of students or learner to acquire new information, knowledge or skills. A good lecturer or teacher is one who assists students to learn influencing motivation and autonomy of self achievement.¹³ Most students describe a good teacher as accessible, enthusiastic, passionate, humorous, caring and nonjudgmental. Good teachers welcome feedback and act on it to continue developing their skills. It is often said that teachers are not born, they are made.¹⁴ Therefore, there should be a systematic approach to skill development.¹⁵ The challenges faced by medical education in Bangladesh are pedagogical (teaching related), structural and policy related.¹⁶ One of the issues should be addressed properly for the improvement of medical education in Bangladesh to overcome these challenges is staff development for all teachers on educational methods such as teaching and learning, instructional (educational) materials development, curriculum development, assessment and evaluation should be regularly ensured.¹⁷ The simplest way to change teaching style is to observe and copy great teachers.¹⁸

Learning

Learning means acquiring something new, new knowledge, new technique, new skills, new fears and new experiences.¹⁹⁻²¹ It is a lifelong active process of acquiring knowledge. It is any relative permanent change in behavior that occurs as a result of practice or experience.¹⁹⁻²¹ It is a constructive and active process which takes new information and builds it on existing knowledge being continuous process both conscious and unconscious. There are three types of learning like cognitive learning (knowledge), affective (attitude) and psychomotor (skills). Effective learning occurs when the objectives are clearly understood, there is scope of frequent practice, reinforcing correct practice, feedback to identify errors and establishing connections within units of knowledge.¹⁹⁻²¹

Learner should be active during lecture class. Proverb says, "If you tell me, I will forget", "If you show me, I might remember", "But If you involve me, I will learn". Another proverb says, "If I hear, I forget; if I see, I remember something; but if I do, I actually know the thing". There should be a

reflection of these proverbs in teaching and learning environment. If the students remain totally passive in a lecture class then the chance of learning is little. It may be helpful to make students active through- a) brainstorming: here an open-ended question is placed and answers from all possible audience are sought and recorded, b) questioning: students should be asked questions and encouraged to ask questions, c) giving handouts: handouts are any written information distributed to students as an adjunct to their classes, d) allowing rest in lectures, e) active review and f) taking feedback in the next class. In our country context, use of mixed language, English and Bengali, may help students for better understanding. Students should be encouraged for note taking. Teaching should relate new knowledge to previous one. Good teacher-student relationship is one of the most important factors for effective learning. Conditions affecting learning are such as intelligence of students, lack of attention and interest, inadequate learning situation relating to sound system, media, light, noise, room temperature and language of lecture, motivation of learners to learn, physical and mental health (physical fitness).

Appropriate audiovisual aids should be used because it has been said that people remember 20% of what they hear, 30% of what they see and 50% of what they both hear and see. For an ideal slide used in multimedia, simple background, font size from 24 to 32, just one or two colors for fonts, avoiding dark colors, light font on a darker background, 12 lines per slide and main point on each bullet are important.

Summary tips for developing lecturing or teaching skills

- Lesson plan to be made prior to lecture
- Need comprehension about the students or participants knowledge on the topics and their age
- Lecturer or teacher should be visible to all students or participants
- Appropriate media and sound system should be used
- Non-threatening learning atmosphere should be made
- Eye contact and using body language need to be maintained
- Objectives of the topics/subjects need to be mentioned
- Key words related to the topics/subjects should be explained in accordance

- Delivering new information on existing knowledge is needed
- Lecture needs to be made interactive and participatory
- Related examples should be given as much as possible
- Rule of criticism to be followed- first positive, then better, avoid telling students directly that they are wrong
- Using 'I' and 'You' messages. 'I' message, for an example, 'I value you' is transparent and prizing; 'You' message, for an example, 'Your homework and behavior are bad, therefore you are a bad person!' is aggressive and should be avoided.
- Arranging learning by doing method is preferable when possible

Conclusions

For effective teaching, there must be a good teaching and learning atmosphere. Adult learners are more difficult to teach and they only learn if they like the lecture or speech. So, lectures should be made interesting or attractive. Most of our institutes in present days are facing so many threats to teaching and learning due to huge number of students, inadequate institutes, political unrest, students politics, unscheduled closer of institutes, etc. All teachers have to keep it in their mind that they have to complete the scheduled curriculum in due time. So, must acquire the appropriate techniques of lecturing and teaching. Training should be arranged for the teachers of all institutions of higher education including teachers engaged in medical education.

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