SEE ONE, DO ONE, TEACH ONE

The maxim of “See One, Do One, Teach One” is fairly well known in the health care setting. This is an excellent way to assist your student in gaining competency in a skill.

In a nutshell, the components are:

* *See One*: Through watching a skilled professional complete a skill, the student makes sense of the skill and has time to ask questions / get clarification before attempting the skill himself.
* *Do One*: The student practices the skill in a simulated environment. At this stage, the student’s ideas converge with actions, and direct supervison and feedback from the experienced CI or other professional helps alert the student to what is working and what isn't.

Some tips to make “Practice” more effective:

* Allow students to practice a skill as soon after the skill is presented as possible.
* Skills to be practiced should be related to a real-life example.
* Provide a balance of practice time such that a student has sufficient time to practice, but not so much time that practice becomes non-productive.
* Don’t allow the number or complexity of tasks to be so great as to be overwhelming to the student.
* Build from simpler to more complex tasks.
* *Teach One*: This may not actual be a true “teaching moment”, where the student is teaching another unskilled person, but it is the student’s opportunity to perform the skill for “public scrutiny”. This provides the student the opportunity to apply their knowledge in practice and learn to modify the skill in real-time to meet the needs of the patient.