# Behaviors for Success in Healthcare

# Table of Contents

[*Icebreakers*](#_Icebreakers)

[*Example discussion prompts (in-class or online)*](#_Example_discussion_prompts)

[*Stress Management with Atomic Habits*](#_Stress_Management_with)

[*Career Exploration- Who do you want to be?*](#_Career_Exploration-_Who)

[*Healthcare Career Exploration*](#_Healthcare_Career_Exploration)

[*Say It Like a Pro: Introduce Yourself with AIDET*](#_Say_It_Like)

## Icebreakers

Secret of My Success: Ask the students to think about something that they do well. Then each student will share their secret about what led them to success or skill mastery.

Create a series of cards that relate to concepts in competency 6. Have the students arrange them in a flow chart. Then discuss or show the students the relationship between the concepts.

## Example discussion prompts (in-class or online)

**Music Video Reflection:**

Play the Tim McGraw- [Humble And Kind Music Video](https://www.youtube.com/watch?v=awzNHuGqoMc&ab_channel=TimMcGrawVEVO) and show the [Lyrics](https://www.azlyrics.com/lyrics/timmcgraw/humbleandkind.html) to the class. Give them a chance to reflect on what they took from the video/song/lyrics. Potential reflection questions:

* What message or feeling stood out to you most from the song or video? Why?
* How do the qualities of being humble and kind show up in healthcare settings? Can you think of a time when these traits made a difference?
* Which lyric(s) do you think apply most to being a good healthcare professional?
* Why might humility and kindness be just as important as clinical skills when working with patients?

**Low Battery Discussion – Think, Pair, Share**

Visual Prompt: Show an image of a low battery icon (like on a phone or device).  
Prompt: Just like phones need to recharge, so do we.

Reflection Questions:

1. How do you recognize when your own “battery” is running low—physically, mentally, or emotionally?
2. How does running on low affect your performance, your mood, or your interactions with others?
3. What are a few things that help you recharge or reset?
4. Why is it important for healthcare professionals to recognize and manage their own energy levels?

First ask the class to reflect on these questions (think), then pair up into groups (pair), then debrief together as a class (share).

**Your Role in Healthcare**

Think critically and share a post that includes:

* Your area of interest in healthcare (or your current role in healthcare)
* How this role/your role impacts the healthcare team
* The behaviors needed to provide high-quality care in this role
* Use examples from class, your own experience, or research to support your ideas.

**Your Healthcare Character Profile**

Choose eight characteristics from the list below and describe how you would show each one while working with patients and coworkers. Use specific examples.

Choose from:

Empathy, Patience, Honesty, Responsibility, Dependability, Compassion, Caring, Kindness, Teamwork, Willingness to Learn, Discretion, Competence, Self-Motivation, Acceptance of Criticism, Enthusiasm, Tact, or other (add your own).

## Stress Management with Atomic Habits

60–90 minutes, In-person or online, Individual, or small group

Competencies: 1, 2, 3, 4

Materials

* YouTube video: Atomic Habits by James Clear (8 min)
* Paper or digital document
* Optional: colored pencils or markers
* Timer or phone for reminders

Set Up

* Watch the [Atomic Habits video](https://www.youtube.com/watch?v=1gdkBt9it84&ab_channel=AfterSkool)
* Title your paper “My Future Self”
* Complete the activity in 3 sections: Environment, Habits, and Entry Points

Activity Steps

* Write a few sentences about who you are and who you want to become. Think about how your habits help or get in the way of becoming that person.

Part 1: Environmental Design

* Task #1 Analyze your study environment:
* Identify your primary study space (e.g., a desk in your room, a library corner).
* Describe how this environment currently impacts your study habits. Consider factors like organization, distractions, and comfort.
* Task #2 Redesign your Study Environment
  + Using principles from Atomic Habits, propose specific changes to your study environment to enhance focus and productivity. Include:
  + Current State: Describe the existing setup and its effects on your studying.
  + Redesign Plan: List the changes you will make (e.g., decluttering, better lighting, ergonomic furniture).
  + Expected Benefits: Explain how these changes will help you study more effectively.

Part 2: Scaling your Habits Down (Make them as easy as possible)

* Task 1: Break down your study goals
  + Choose three study goals (e.g., finish assignments, review notes, prep for tests).
  + For each goal explain how you can break this goal into smaller, achievable tasks (e.g., setting a timer for 20 minutes of focused study).
  + For each goal, detail how you will incorporate this scaled-down habit into your routine.

Part 3: Mastering Entry Points

* Task 1: Identify Key Study Moments
* Identify three specific times or routines in your daily schedule where you can implement or improve study habits (e.g., right after class, during lunch breaks, before bedtime).
* For each entry point, create a plan for incorporating a study habit. Include:
  + Entry Point Description: Describe the specific time or routine you’ve identified.
  + Study Habit Plan: Detail the study habit you will incorporate at this entry point (e.g., reviewing class notes for 10 minutes right after class).
  + Trigger or Cue: Identify what will remind you to perform the habit (e.g., setting an alarm, leaving study materials in a visible place).
  + Expected Outcome: Explain how this entry point will help you build and maintain the study habit.

Part 4 Reflection:

* Choose one habit to track and set a check-in date in 1–2 weeks. Set a set of timelines for you to check back on your progress! Write about what worked, what was challenging, and how the habit affected your stress

***Optional Advanced***

Deliverables:

* A written report (3-5 pages) including the results from each task.
* Any supporting visual aids (e.g., diagrams of redesigned study spaces, charts of scaled-down habits).

Evaluation Criteria:

* Understanding of Concepts: Demonstrates comprehension of Atomic Habits principles.
* Application: Effectively applies these concepts to improve study habits.
* Practicality: Provides realistic and actionable plans for each task.
* Reflection: Offers insightful thoughts on the implementation process and challenges.

## Career Exploration- Who do you want to be?

25–60 minutes, in-person or online, individual, small group, whole group

Competency: 1

**Materials**

* Internet access or AI image tools (optional)
* Markers, colored pencils, or other art supplies (optional)
* Notebook or writing supplies
* 3 sticky notes and markers

**Set Up**

* Make sure students have access to a device or art materials
* Determine timeframe and delivery
* Arrange space for small group sharing and whole class discussion

**Activity Steps**

Step 1: Create Your Future

Choose a healthcare job you’re interested in**.** Create an image of someone in that job— This image represents your future self in that role.

Either:

* Find one online
* Use AI tools to generate one
* Or draw/create one using art supplies or software

Step 2: What Makes Them Awesome?

* In your notebook, list 10 qualities or character traits this professional likely has (example: calm, kind, organized)
* For each trait, write one behavior that shows it in action (example: “Organized – keeps detailed patient notes”)

Step 3: Team Pick

* Share your list with your small group
* As a group, choose your top 3 traits and write them on sticky notes to share with the class

Step 4: Class Brainstorm/ Reflection

* Each group shares their favorite qualities
* As a class, discuss: What do these traits have in common? What do they tell us about being successful in healthcare?

**Optional Extensions**

1. Set Class Norms Together

Use the traits your group shared with the class to answer the question:

“How do we act like future healthcare professionals in this classroom?”

As a class, work together to create a short list of classroom norms—positive behaviors and expectations that reflect the qualities of successful healthcare workers (e.g., “We listen to each other with respect,” “We show up prepared,” “We take responsibility for our work”).

Display these norms in the classroom or online space as a reminder of your shared commitment

2. Reflect on Your Growth

In a short paragraph or journal entry, write about where you are on your journey to becoming a healthcare professional:

1. What qualities from today’s activity do you already show in your daily life or schoolwork?
2. What traits would you like to work on this year?
3. How can this class help you grow in those areas?

Evaluation Criteria

* Thoughtful list of traits and matching behaviors
* Full participation in group and class discussion
* Creative expression of your future self and strengths

## Healthcare Career Exploration

30-60 minutes, in person, online, individual or in small groups

Competency 1

Materials:

* A computer or internet
* Video: [Success in the New Economy (9 min)](https://youtu.be/zs6nQpVI164?si=x8mw1-kjDobY3ZI8) Watch on YouTube
* Career Exploration Websites:
  + [Bureau of Labor Statistics – Healthcare Careers](https://www.bls.gov/oes/)
  + [Minnesota DEED – Occupational Employment Data](https://mn.gov/deed/data/data-tools/oes/)
  + [Indeed – Career Guide](https://www.indeed.com/career-advice/careers)
  + [CareerOneStop – Explore Careers](https://www.careeronestop.org/ExploreCareers/explore-careers.aspx)

**Set Up:**

* Provide some context/overview of healthcare careers (see module PowerPoints)
* Show the video: Success in the New Economy (9 minutes).
* Assign students to research healthcare careers of interest—either individually or in small groups. Students should gather the following information:
  + Job title
  + Education or training required
  + Typical wages
  + Key responsibilities
  + Common work settings
* Have students share their findings with the class in a brief presentation or discussion.

**Reflection:**

* Why did you choose this career to research?
* What surprised you most while learning about this career?
* Would you consider this as a possible career path? Why or why not?

## DISC-Behaviors and Personality Assessment

~30 minutes, in person or online, individual or class/group discussion

Competency: 1, 2

**Materials:**

* Computer and internet
* Printer or something to take notes on (paper, tablet)
* DISC Personality Assessment ([free version – no need to purchase](https://www.123test.com/disc-personality-test/))

**Set Up:**

Have you ever wondered how your personality traits influence your success in healthcare?

* Take the Assessment
* Visit the link and complete the free DISC Personality Assessment.
* You will receive a basic report that includes a personality type, graph, and summary—this is all you need (no purchase required).
* Reflect on your assessment results
* Write short reflection essay minimum of XZY words

In a short reflective essay, respond to the following prompts:

* Summarize the results of your DISC assessment. What personality type did you receive?
* Which behaviors discussed in previous lessons align with your results?
* How might this insight help you work more effectively in your chosen healthcare role?

## Say It Like a Pro: Introduce Yourself with AIDET

20–40 minutes, in-person or online, individual, pairs, small group

Competency: 3 or 8

**Materials**

* AIDET handouts, videos, or lecture PowerPoints
* Writing supplies or devices for scriptwriting and/or recording
* Optional: role-play cards or sample patient scenarios

**Set Up:**

Step 1: Learn the Model

* Review the AIDET communication framework using a short video or handout
* Make sure students understand each step and why it’s important in healthcare, this could be done through a think pair share, T chart discussion, or other teaching technique

Step 2: Create Your Introduction

* Option A: Write a short script using AIDET to introduce yourself as a healthcare professional to a patient
* Option B: Pair up and practice your AIDET introduction with a classmate as if you were meeting a new patient

Step 3: Try It Out

* If working in pairs: Take turns practicing your introductions
* If working individually: Read your script aloud to yourself or record a video
* Optional: Add a sample patient situation (e.g., “Your patient just arrived for their first appointment” or “You’re explaining a delay in testing”) to practice responding professionally

Step 4: Reflect and Discuss

* What was easy or challenging about using AIDET?
* Why do you think this kind of communication matters in healthcare?
* What part of AIDET do you think will help patients feel the most comfortable and supported?

Evaluation Criteria

* Script or role-play clearly follows all five AIDET steps
* Demonstrates professional tone and clear communication
* Reflection shows understanding of AIDET’s importance in patient care

**AIDET Role-Play Cards**

Use these in pairs or small groups. Have students choose or be assigned one card and role-play the scenario using the AIDET format.

Card 1: First Day, First Hello

You’re a nursing assistant walking into a patient’s room for the first time. The patient is recovering from surgery and looks nervous. Introduce yourself and explain what you’re there to do.

Card 2: Running Late

You’re a technician arriving 15 minutes late to take a patient for an X-ray. The patient has been waiting and looks frustrated. Use AIDET to acknowledge the delay and explain what happens next.

Card 3: Family Questions

You’re a nurse and a patient’s family member is asking a lot of questions. They seem worried. Use AIDET to respectfully introduce yourself and give an update about what’s going on.

Card 4: New Procedure

You’re a healthcare worker preparing a patient for a test they’ve never had before. Use AIDET to explain the steps and what to expect and thank them for their cooperation.

Card 5: Discharge Time

The patient is ready to go home. Use AIDET to walk them through what they need to know before leaving, and to thank them and their family for being great to work with.

AIDET Practice Template

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Role: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Example: Nursing Assistant, Radiology Tech, etc.)

Scenario: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Choose or create a patient situation)

A – Acknowledge:

How will you greet the patient or family?

I – Introduce:

What will you say about who you are and your role?

D – Duration:

What time expectations will you give or explain?

E – Explanation:

How will you describe what’s happening and what to expect?

T – Thank You:

How will you express gratitude or appreciation?