

How to Use This Video Series

1. Each video has an associated PDF file, containing the slides used in the video.

Print out the slides. That will give you a high-resolution copy of the slides (the main written content of the course, and the source of materials on quizzes to follow as you watch the videos).

2. Each video also has an associated PDF file, listing key competencies associated with that video module.

Carefully read and consider the listed competencies. These are the things you **will** encounter on the quizzes (and that you will need as you pursue your career, relative to Population Health).

3. **Watch the video.**

Pause when necessary, to review the associated slides. Consider adding notes to your printed copies of the slides. Write down questions to ask during the weekly “live” Zoom or in-person sessions. If necessary, re-watch all or parts of the video until you have mastered the concepts.

4. After you’ve finished studying the video lecture, the associated slides, and other materials that accompany the video,

review the list of competencies again. Do you understand each of the competencies? Do you feel comfortable that you can fully address it on the quiz (and in your career, after you’ve completed your training)?

5. **Attend the “live” study sessions** (in-person or by Zoom, depending ...). These meetings will resolve questions, get deeper understanding, share “hands on” examples of how it works in real life, and the like.

6. As you complete each section (video), **take the associated quiz.** This gives you a means to measure your own mastery of the topic, and demonstrates that you completed the section for purposes of grading.

If you do miss questions on the quiz, review the list of competencies and that part of the video, until you’re comfortable with the related concepts and your understanding of them.