## Supplement 1. Required components for the self-development portfolio

<table>
<thead>
<tr>
<th>Outline</th>
<th>Cover, name, student no., etc.</th>
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<tbody>
<tr>
<td>Self-introduction</td>
<td>Photo, personal statement, etc.</td>
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| Goal setting | Setting a personal goal during one’s time at the school of medicine: focused on 3 educational objectives and 6 areas  
- The goal must be worthwhile and challenging for the learner.  
- The goal must be realistic and reachable.  
- The goal must be flexible, so that the learner can adjust it if he or she faces unexpected events or changes.  
- The goal must be specific enough to be actionable. |
| Process | Specific progress of the learning process and details thereof  
- The learner selects content to learn and proceeds accordingly, based on his or her personal goals. |
| Reflection | Reflection on learning activities  
- After completing the learning activity, the learner reflects on his or her internal self, in addition to the observable achievement of the objectives. |
| Self-evaluation on the achievement of goals | Self-evaluation to determine whether the goal has been accomplished.  
- 1 point (poor), 2 points (weak), 3 points (satisfactory), 4 points (sufficient), and 5 points (excellent) |
| Self-study plan | Establish a plan to internalize the learning process and promote further progress. The achievement should not be a one-time event. |
| Proof of learning activities and other resources | Select and gather relevant resources based on the learner’s objectives and detailed progression of learning |