Celebration of knowledge: singing and dancing in large, undergraduate medical classroom

Qushay Umar Malinta

Dept. of Physiology, Faculty of Medicine, Hasanuddin University, Makassar, Indonesia

In Indonesia, high school graduates who wishes to become a physician may apply to medical school directly without having to attend pre-medical or undergraduate program. This national policy has its own benefits, but is also risky for medical students whom are just happen to need more adjustments than their peers to major life changes, especially during the first year when the groundwork lies upon. Facing new academic setting, new social environment, and in some cases, new country to live in, these students need all help to ease the transition.

One of the ways to alleviate stress to do some kind of art, such singing and dancing. These are the hallmark of a kindergarten class but is almost unheard of in medical classrooms. Why the limitation? Time constraints due to ever-condensing curriculum in the ever-expanding medical field; highly diverse academic and cultural background of the students, rigid educational bureaucracy; you name it. Benefits of merging science and art has been proven over and over. Yet most medical schools in Indonesia seems to be oblivious of this approach due to the aforementioned hindrances.

So why not utilize child songs and lullabies along with dances and silly movements to convey a slide, or even of whole lecture? As a student in the medical school and then in graduate school myself, I know the value of a good laugh amidst dense, grin-inducing lecture slides compiled from dozens of textbooks and journals.

Keywords: song, dance, undergraduate, stress, medical student