Supplement 1. Required components for the self-development portfolio

Outline	Cover, name, student no., etc.
Self-introduction	Photo, personal statement, etc.
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