

Using AI to Build Better ILPs

A Prompt Guide for FM Residents

AI can be a powerful tool for residents as they develop their Individualized Learning Plans (ILPs). By using targeted prompts, residents can quickly brainstorm ideas, refine draft objectives, and generate SMART, competency-aligned objectives connected to ABFM Core Outcomes. Importantly, **AI outputs should be approached as starting points rather than final products**, with residents applying critical thinking to evaluate, edit, and refine objectives to ensure they are realistic, meaningful, and personally relevant. These prompts offer a structured way to think through growth areas, identify next steps, and make ILP creation more efficient and intentional. Residents can use them independently or with faculty coaches to strengthen self-directed learning and achieve meaningful growth.

Set the stage: *I am a PGY-[1/2/3] Family Medicine resident working on my Individualized Learning Plan (ILP). Reference the [STFM ILP Toolkit](#) for more information. My ILP should include family medicine competency-aligned SMART objectives tied to specific [Core Outcomes of Family Medicine Education](#). Please list the specific core outcome each suggested goal is tied to. In addition to generating goals, include brief motivational interviewing-style follow-up questions for each objective (e.g., “How confident are you that you will achieve this objective?”, “What would increase your confidence?”, “What barriers might interfere with achieving this objective?”, and “What supports or resources could help you succeed?”) to prompt reflection, self-assessment, and refinement of the objectives.*

Objective	Prompt
Skill Development Prompt	Create a SMART objective to improve my skill in <i>[specific skill, e.g., time management, clinical documentation, communication with patients, procedural care]</i> , with measurable indicators and key strategies for the next <i>[time frame]</i> .
Procedural Competency Prompt	Create a SMART objective to improve my competency in <i>[insert required or recommended Procedure for ABFM Board Eligibility in 2026]</i> . Include a step-by-step plan for achieving competency, suggested learning resources, and ways to track progress.
Growth Prompt	Create a SMART objective to address my challenge with <i>[specific area, e.g., handling feedback, balancing workload, presenting case studies]</i> , with targeted strategies to improve over the next quarter.
Future Goal Alignment Prompt	Create a SMART objective that supports my future career as a <i>[role, e.g., chief resident, residency faculty member, clinical researcher]</i> , with relevant skills, experiences, or activities to pursue.
Interest-Based Learning Prompt	Create a SMART objective that incorporates my interest in <i>[topic, e.g., medical education, quality improvement, health equity]</i> , with relevant skills, experiences, or activities to pursue.
Feedback-Informed Prompt	Turn the feedback that I need to improve in <i>[insert area]</i> into a SMART objective, with clear ways to track progress.

Objective Refining Prompt	Improve this ILP objective - <i>[insert goal]</i> - by making it SMART, linking it to an ABFM core outcome, and adding clearer expected results and measurable indicators.
Personal Wellness Prompt	Create a SMART wellness objective focused on <i>[physical/nutritional/emotional/social]</i> wellbeing, aligned with my value of <i>[e.g., my relationships, my hobbies, efficiency, rest]</i> , with practical strategies and measurable steps to track progress. This objective does not need to reference a core outcome.