

Terms of Reference 2025-2026

Choosing Wisely Canada STARS

Students and Trainees Advocating for Resource Stewardship

Choisir avec soin ESPOIRS

(Étudiants et stagiaires pour l'optimisation de l'intendance des ressources en santé)

We are delighted to announce that Choosing Wisely Canada (CWC) will convene the eleventh cohort of STARS/ESPOIRS! STARS student leaders play an integral role in leading local efforts to promote resource stewardship at their respective medical schools and become part of the national CWC community.

Students participating in STARS can make a meaningful impact by leading the integration of resource stewardship content into medical school curricula and developing creative strategies for disseminating the principles of Choosing Wisely. Student-led interest groups across the country have been instrumental in equipping their peers with the necessary knowledge, skills, and attitudes to Choose Wisely in practice. To learn more about CWC and medical education visit

<https://choosingwiselycanada.org/campaign/stars/>

PARTICIPATING IN STARS

STARS fosters a network of future resource stewardship leaders. Generously supported by the Canadian Medical Association (CMA), the STARS program organizes multiple events and opportunities to connect with faculty as well as current and past STARS students.

STARS students will have the opportunity to participate in the STARS Fall and Spring Leadership Summits, CWC's National Meeting in Spring 2026, and regularly scheduled evening roundtables throughout the year so students can receive feedback on their initiatives in real time. Meetings (except for the National Meeting) will be held virtually.

CWC will provide ongoing support and guidance for the STARS student community support throughout the year in the form of evening roundtables, networking opportunities, and advice on STARS-related initiatives. STARS students have access to mentorship and guidance from both CWC centrally as well as local faculty mentors. There is also funding available through the CMA to fund STARS initiatives.

STARS students will be eligible to apply for the SuperSTARS Award of Excellence, a merit-based award that recognizes outstanding STARS students and provides funding to participate and present at CWC's 2026 National Meeting.

STARS student success depends on local support - as in previous years, CWC will work with medical schools to identify dedicated faculty mentors for STARS students. CWC will also connect students with regional CWC hubs and representatives.

RECOMMENDED CRITERIA FOR STUDENT SELECTION

We recommend that both STARS are students entering their second year of medical school. This way, they have up to a year and a half after they have been chosen as new STARS to lead initiatives at their local schools before they enter their clerkship.

Ideal candidates for the STARS campaign include students who demonstrate one or more of the following:

1. An expressed interest in resource stewardship (including direct involvement in local STARS-related initiatives, membership in a CWC or resource stewardship interest group)
2. Demonstrated leadership and advocacy skills
3. Prior experience contributing to innovation in medical education

STARS STUDENT EXPECTATIONS

Selected STARS students will be responsible for continuing and expanding upon the efforts led by the current CWC STARS students, while also spearheading the creation and implementation of new innovative initiatives within their medical school. Examples of initiatives led by STARS students include conferences, interprofessional courses, curricular integration, social media accounts, pocket cards, and many more. Students will also become part of the national (and growing international) network of medical students committed to raising awareness and changing the medical school culture as it relates to resource stewardship.

Selected STARS students will serve a 1-year term from September 2025 – June 2026 (recognizing that some students may have already gotten started with local initiatives prior to September 2025).

Specific expectations of the position include:

1. Participate in the Fall Launch Meeting/ Summit (September 7, 2025) and Spring Summit (April 19, 2026). If a student requires a letter of support from CWC to request an exemption from class or a program requirement, please advise STARS@choosingwiselycanada.ca and this will be provided.
2. Participate in 3 evening roundtables (October 23, 2025; January 29, 2026; March 5, 2026).
3. Work with local students, faculty, educational leaders, and Choosing Wisely regional staff to initiate or build upon STARS-related activities.
4. Lead initiatives to raise awareness about resource stewardship for medical students and other faculty at their medical school.
5. Build local capacity among medical students to sustain STARS initiatives by recruiting other students to work alongside them on STARS activities.
6. Lead recruitment for 2026-2027 STARS students.
7. Complete and submit a year end report (June 30, 2026)

RECRUITMENT & SELECTION

Schools are free to determine recruitment and selection processes. We recommend that recruitment

and selection be jointly coordinated by past STARS student leaders, members of the medical school student society, faculty, and/or a representative from the Dean's office or their delegate. We ask that recruitment and selection processes consider transparency, inclusion, diversity, and equity as key principles.

We have assembled the following to support the process of recruiting two medical students to participate in STARS:

- Recruitment slide deck - this brief presentation can be used to let interested students know more about the STARS campaign. Schools may choose to supplement this slide deck with examples of local STARS initiatives underway.
- Peer-reviewed publications about STARS and Choosing Wisely Canada's medical education efforts

[Born, K et al. Learners as Leaders: A Global Groundswell of Students Leading Choosing Wisely Initiatives in Medical Education. Acad Med. 2019](#)

[Lakhani, A et al. Choosing Wisely for Medical Education: Six Things Medical Students and Trainees Should Question. Acad Med. 2016](#)

[Cardone, F et al. Choosing Wisely Canada Students and Trainees Advocating for Resource Stewardship \(STARS\) campaign: a descriptive evaluation. CMAJ Open 2017.](#)

[Sardiwalla, Y et al. Medical trainees should question why they pre-emptively order "routine" tests and investigations. BMJ Opinions 2017.](#)

[Levinson, W et al. Ten Year of Choosing Wisely to Reduce Low-Value Care. N Engl J Med. 2022.](#)

For more information or questions, please email stars@choosingwiselycanada.org