1. SPs are valuable partners in the training of health professionals – we need to take care of them. (This dissertation)

2. Purposeful and continuous quality improvement of SP performance and its evaluation is essential to maintain the use of SPs as a powerful method for learning and assessment. (This dissertation)

3. The use of video during SP training enhances the accuracy of SP portrayal, regardless of the type of video intervention used. (This dissertation)

4. The quality of SP feedback must be monitored, as feedback can have a positive effect on student performance. (This dissertation)

5. Tell me and I forget, teach me and I may remember, involve me and I learn. (Benjamin Franklin)

6. Spoon-feeding in the long run teaches us nothing but the shape of the spoon. (E.M. Forster)

7. Instruction does much, but encouragement everything. (Johann Wolfgang von Goethe)

8. We learn to do something by doing it. There is no other way. (John Holt)

9. Sorry for the long letter, I had no time for a short one. (Written in a letter from my father, origin Voltaire)

10. One can make things bigger, more complex, and more violent. It takes a touch of genius — and a lot of courage to move in the opposite direction. (Ernst F. Schumacher)

11. It is not a daily increase, but a daily decrease. Hack away at the inessentials. (Bruce Lee)