1. "A skilled teacher has an increased likelihood of becoming a competent clinician, than a skilled clinician has of becoming a competent teacher" (The Physician as teacher rule) – This thesis.

2. It is a misconception to assume that without a prior training in teaching, a competent physician is (also) a good teacher.

3. Medical residents enjoy supervision from attending-doctors who are collaborative, understanding and patient – This thesis.

4. An average of a 100 minutes per day is the ideal amount of time residents require for teaching activities in the clinical setting – This thesis.

5. If well designed, workshops in teaching skills are effective and feasible methods for training medical residents to teach – This thesis.

6. You can teach everyone how to drive a vehicle, but not everyone would become a formula-1 racetrack driver. (Je kunt iedereen auto leren rijden, maar niet iedereen wordt een formule 1 auto courier) – Prof HSA Heymans, Hoogleraar kindergeneeskunde.

7. When carefully conducted, effect sizes for educational and psychological experiments are so large that the bias from non-randomisation is really not an issue - Liptey & Wilson. (1993).

8. Teaching is a loving vocation (Lesgeven is liefdewerk).

9. Strive each day to put a heartfelt smile on the faces of at least three people.

10. Nothing could be easier, and yet it is the hardest: simply to be - Ephesus.