1. Slow down
2. Use both hands together
3. Be gentle
4. Follow the steps
21 laparoscopic novices

1 refused to continue the trial

10 checklist group
10 control group
Control group received the paper feedback only.

Checklist group received the checklist and the paper feedback.

* $P < 0.01$ vs errors in corresponding stages in checklist group.

† $P < 0.05$ vs errors in stage 1 of the checklist group.