

'10 top tips' for students who are about to undertake a practice placement.

E.g. Visit the specialist sections website. Check the hOT topics listing from the library section of the COT website.

1	Find out about the patient/service user group you will be working with, do a little bit of background reading
2	Remember to contact your supervisor in good time, read what information you are given about the placement
3	Always be prepared to ask questions, even if you think you should know it...you'll be surprised how often you put your supervisor on the spot!!
4	Relax, if you are worried about anything, tell your supervisor, he/she should be committed to ensure you have a positive learning experience and will help anticipate and create strategies to help you cope
5	Don't arrive too early on the first day!!!, most supervisors generally allow a later start so they can get to grips with things before you arrive.
6	During the placement watch and learn, be willing to 'get your hands dirty' muck in with what's going on, you'll get brownie points for being helpful
7	Always find something to do, if you find yourself at a loose end, ask your supervisor or his/her colleagues if you can assist with anything, or is there anything you could be reading or doing. Create a folio of forms and leaflets from the placement, you'll be surprised how useful they may become when you have to design your own. You never know you might get home early!!!.
8	If things aren't working out for whatever reason, be honest, consider it a challenge to sort things out, remember when you are qualified and working you will have to deal with difficult situations, consider this a test run. Speak to your supervisor or college tutor, nothing is so terrible it can't be dealt with.
9	Remember the basics, be tidy and presentable, as we advise our students...no rings through the noses!! Be open and exude that friendly nature we are sure you have.
10	Different situations demand different attitudes and responses, learn to be flexible to cope with the variety and challenges you will face during the placement, but most importantly, enjoy the experience.