How to...ace your first clinical placement

1. Show enthusiasm and a ‘can-do’ attitude
   • Genuine enthusiasm and willingness to learn will encourage mentors to support you
   • Get the most out of your placement by going above and beyond expectations
   • Learn as much as possible to make your next placement even better

2. Don’t be afraid to ask questions
   • Show that you are passionate by asking your mentors lots of questions
   • Remember there are no silly questions – you are there to learn!
   • Don’t forget you are an international student so are bound to have some setbacks

3. Mentally prepare yourself for challenging situations
   • Accept there will be situations that challenge you both mentally and physically
   • Tell yourself ‘I can do this!’ whenever you feel overwhelmed
   • Don’t be afraid to ask for help

4. Make notes at the end of every day
   • Keep a personal diary to help record everything you learn
   • Process your feelings and emotions by writing them down
   • View this as therapy to help destress

5. Don’t be too hard on yourself
   • Don’t forget about your own wellbeing while looking after your patients
   • Accept that you won’t get everything right first time – keep trying
   • Even if people don’t acknowledge your hard work, you’re still doing good!