



# PREPARING FOR CLINICAL PLACEMENT: A STUDENT GUIDE TO SUCCESS & SELF-CARE

Getting ready for a clinical placement is a significant milestone in your healthcare education journey. It offers invaluable hands-on experiences but may also presents challenges that can be mentally and emotionally demanding. This guide provides practical strategies to help you prepare effectively and maintain your well-being throughout your placement



## MENTAL & EMOTIONAL PREPARATION

Set Realistic Expectations

Acknowledge the Learning Curve: it's normal to feel uncertain or overwhelmed; learning and growth are an ongoing process.

Embrace Mistakes as Learning Opportunities: View errors as a natural part of the learning process and use them to improve your skills.

## DEVELOP COPING STRATEGIES

Practice Mindfulness: Engage in mindfulness techniques such as meditation or deep breathing exercises to manage stress and stay present.

**Reflect Daily:** Maintain a journal to document your experiences, thoughts, and feelings. This will enhance self-awareness and emotional processing.

## BUILD A SUPPORT NETWORK

Connect with Peers: Share experiences and coping strategies with fellow students to foster mutual support.

Seek Mentor Guidance: Utilize clinical instructors and mentors as resources for advice and emotional



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Focus on **Self Care Strategies** to manage your stress and anxiety during this new experience.



## SELF-CARE STRATEGIES

Maintain a Healthy Lifestyle:

Ensure adequate sleep, balanced nutrition, and regular physical activity to support overall well-being.

## STRESS MANAGEMENT TECHNIQUES

Engage in Relaxation Practices: Incorporate activities such as guided imagery, progressive muscle relaxation, or listening to calming music to alleviate stress.

## ESTABLISH BOUNDARIES

Learn to say no to additional responsibilities elsewhere when feeling overwhelmed

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Seek out **Assistance** when you need to talk to someone  
Your Clinical Instructor, Faculty Advisor, and Preceptor are excellent resources.



## ACADEMIC AND PROFESSIONAL PREPARATION

Set SMART Learning Goals

Specific, Measurable, Achievable, Realistic, Timely:  
Define clear objectives for your placement to guide your learning and track progress.

## ADOPT A GROWTH MINDSET

Stay Curious and Open-Minded: Approach each experience as an opportunity to learn, and be receptive to feedback and new challenges

## ENGAGE IN REFLECTIVE PRACTICE

Daily Debriefing: Discuss your experiences with peers or mentors to gain different perspectives and deepen understanding



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Apply **Skills & Knowledge** from your first semester and maintain a positive & enthusiastic attitude.



## BUILDING RESILIENCE AND ADAPTABILITY

Embrace Challenges

View Difficulties as Growth Opportunities: Use challenging situations to develop problem-solving skills and resilience.

## SEEK FEEDBACK

Constructive Criticism: Actively seek and apply feedback to improve your clinical skills and professional behavior.

## MAINTAIN PROFESSIONALISM

Positive Attitude: Demonstrate enthusiasm and a willingness to learn, which can positively influence your experience and relationships with staff.