


Being Brave from Day One


Starting a new placement can be scary. It's a new team, a new role, a new assessor, new expectations and new learning. Whether you are a first year going onto your first placement, or a final year on your last, that fear may always be there. Being brave doesn't mean you don't feel that fear, it means you show up and push yourself to learn despite it.

Being brave is hard, make it easier by being kind to yourself:

- Nerves don't mean you are not ready, *they mean you care*
- Eat, sleep, hydrate, repeat
- Check your journey times, *at the times you will be travelling*
- Pack your bag the night before *(lunch, ID, notebook, medication)*
- Understand that week one will be the hardest



Prepare
yourself



Prepare for
learning

Recognise your experience, your strengths and your potential:

What do you already know? *start with skills you feel confident in, it will help you settle in*

What do you need to learn? *identify outstanding proficiencies or assessments. Don't be afraid to identify opportunities, this is your learning!*


How can you make the most of this placement? *what are you curious about? what are you worried about? what's going to be your biggest challenge?*

Be confident in who you are, and where you are learning

Practice introducing yourself *'Hi, my name is...and I am a student nurse in my [your year]!'*

If you need reasonable adjustments, let your team know before you join them. *giving them opportunity to support you best*

Read about your placement. *Knowing who the team is, what they do and who they support can set you up for an effective learning journey*



Prepare for
placement

