

# Top tips for SCPHN students



## Congratulations!

You have finally made it onto a student SCPHN programme - this is an exciting next step in your career journey! But, at the same time, you may be wondering what you have let yourself in for.

Fear not, help is at hand- the iHV has worked with a group of SCPHN students from Oxford Brookes University to put together some top tips for supporting you through the academic year.

## Looking after yourself!

Look after yourself and make sure you:

- Set aside some protected time each week to spend with those close to you. It's great for you but also for them too. A happy family/those close to you = less stress to deal with during the week.
- Let your close family/those close to you know that you may require their support during the course of the programme. Being open and honest about this means that they can offer their support where and when needed.
- Be kind to yourself – self-nurturing and self-compassion are very important skills to acquire.
- Accept that the housework may need to wait!
- Find positives in your everyday health visiting practice - be strengths-based.
- Take time for you - go to the gym, take walks or go for a run.
- Take regular daily exercise. Yoga and Pilates are also good as stress busters.
- Deep breathing and mindfulness can help when you're feeling stressed. There are some good free apps such as Calm, Headspace and Insight Timer.
- Try to eat well and get some rest and adequate sleep, this will help your studies.
- Take support from friends and family, cooked meals and cups of tea, accept all help offered!



### Self-belief

Ask questions and challenge your perception about the evidence used and what others tell you.

Be open to new ideas and experiences.

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## Planning your work

- Make the most of any study days, they are part of your working week – prioritise your study on these days. Doing this will mean less will need to be done during evenings/weekends.
- Plan ahead in your diary when you can fit in a few hours of study throughout the week. Chipping away at your academic work makes such a difference!
- Read evidence-based articles, journal papers, textbooks, policy documents, reliable and relevant websites, and make notes as you go along, interpreting the information in your own words, as a basis for your academic assignments.
- Write your references down as you go – you can save time by using a reference management tool. There are some free ones online worth exploring.
- Take time to plan your essay work. Quiet time is good for reflection and planning essays and assignments.
- Start your practice documentation (portfolio) work early, do a little and often and keep it ticking over.
- Develop organisational skills. Make a list of things to do for each semester and stick to it.
- Allow time for reflection and protect personal time.
- Ask for help if you need it. Your academic assessor, practice assessor and supervisor are all there to support you throughout the programme. Recognise your limitations – you are a student and not expected to have all the answers.
- Make the most of the course and university resources. Be proactive - connect with your peers and others for support and use organisational resources.
- Use the Institute of Health Visiting online resources to help you, it's half price to become a member as a student! Find out more about becoming a member here - [www.ihv.org.uk/join-us/](http://www.ihv.org.uk/join-us/)

The year flies by and you learn a lot in a short space of time. Once qualified, you really start to put theory into practice. Make good use of your preceptorship and 1:1s - never be afraid to ask for help. You will learn through experience.

**Enjoy the journey and good luck.**

**Scan the QR code to find out more about Student membership with the iHV.**



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