

Work Placement Wellbeing Tips



Make a good first Impression – Preparing for your first day can allay first day jitters. Arrive a little early and ensure you are suitably dressed (know the dress code in advance). Smile and be friendly. Its ok to be nervous, most people are for their first few days.



Be organised and practice time management. Plan your daily activities. Keep a note of instructions, meeting times, deadlines so you can plan accordingly and not put yourself under undue pressure.



Don't be afraid to ask for help and advice. No questions is too small or too silly especially when you are starting a new job. Its ok to ask someone to repeat an instruction, there will be a lot to take in initially. Speak with your supervisor/mentor if you have any problems or concerns.



Don't be afraid to make mistakes – We learn a lot from our mistakes. Employers understand that for many this is their first formal work experience and mistakes may occur. Admit to and resolve any mistake as soon as possible.



Establish good habits around self-care – People who practice good self-care generally have a better sense of wellbeing. Sleep Well, Eat Well and Exercise. If you are feeling a bit overwhelmed or stressed, taking in a little exercise is a great way to clear your mind of worry and reset.



Listen & Learn – Opening your mind to this new challenge and learning new skills will increase your confidence which can improve your mental health and wellbeing.



Connect & Build Relationships – Developing strong relationships in the workplace allows for better teamwork. Connecting with others helps you to feel happier, more engaged and ultimately more productive. This is all the more important for virtual placements to avoid feelings of isolation.