

### On the Downhill Stretch.....

#### **Think about the weeks you have spent on placement....**

Feelings – How did you feel walking in on day 1 and how do you feel now?

What has been your single most valuable learning experience? Please share details with the group, why was it a valuable learning experience?  
(Remember sometimes the best learning experiences are not necessarily the easy ones!)

Time spent on placement can sometimes feel like being on a roller coaster – lots of ups and downs.  
(If you feel comfortable) please share with the group a difficult experience.  
What have you learnt about yourself?

What have you learnt about professional relationships e.g. with your peers, CE, other HPs, Drs and Nurses?

How have you managed during times of stress? Is there anything particularly useful for next placement or when you commence working after graduation?

Where to from here? Discuss some things you are going to focus on during your next placement or the final part of your University course.

*Extra questions please take notes around these discussions and pass that information onto your CESO.*

What other topics did you discuss?

How can your CE and/or CESO help to make you feel supported whilst on placement?

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