

An HSST trainee's Perspective

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Put first things first

Get to know your trainee

Establish their previous experience

How do they best learn?

Make a plan

Rough idea of what and when

Set key milestones – MAHSE deadlines, Royal College Exams, key placements

Meet regularly

Mark a start

Look for quick wins

Join the team – contribute!

Encourage self-directed training

Practicalities

Encourage record keeping & regular reflection – it's all 'evidence'

Competencies – know where to focus your efforts early on

“Done is better than perfect”*

* Dr Kirsty Dodgson, Consultant Clinical Scientist,
Manchester Foundation Trust

Hints & tips

Time management & prioritisation

Encourage secondments & placements

Dive in and enjoy it!

Finally

Be open minded – look for opportunities, collaborations, networks

Reflect frequently

Take time out

Thank you

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