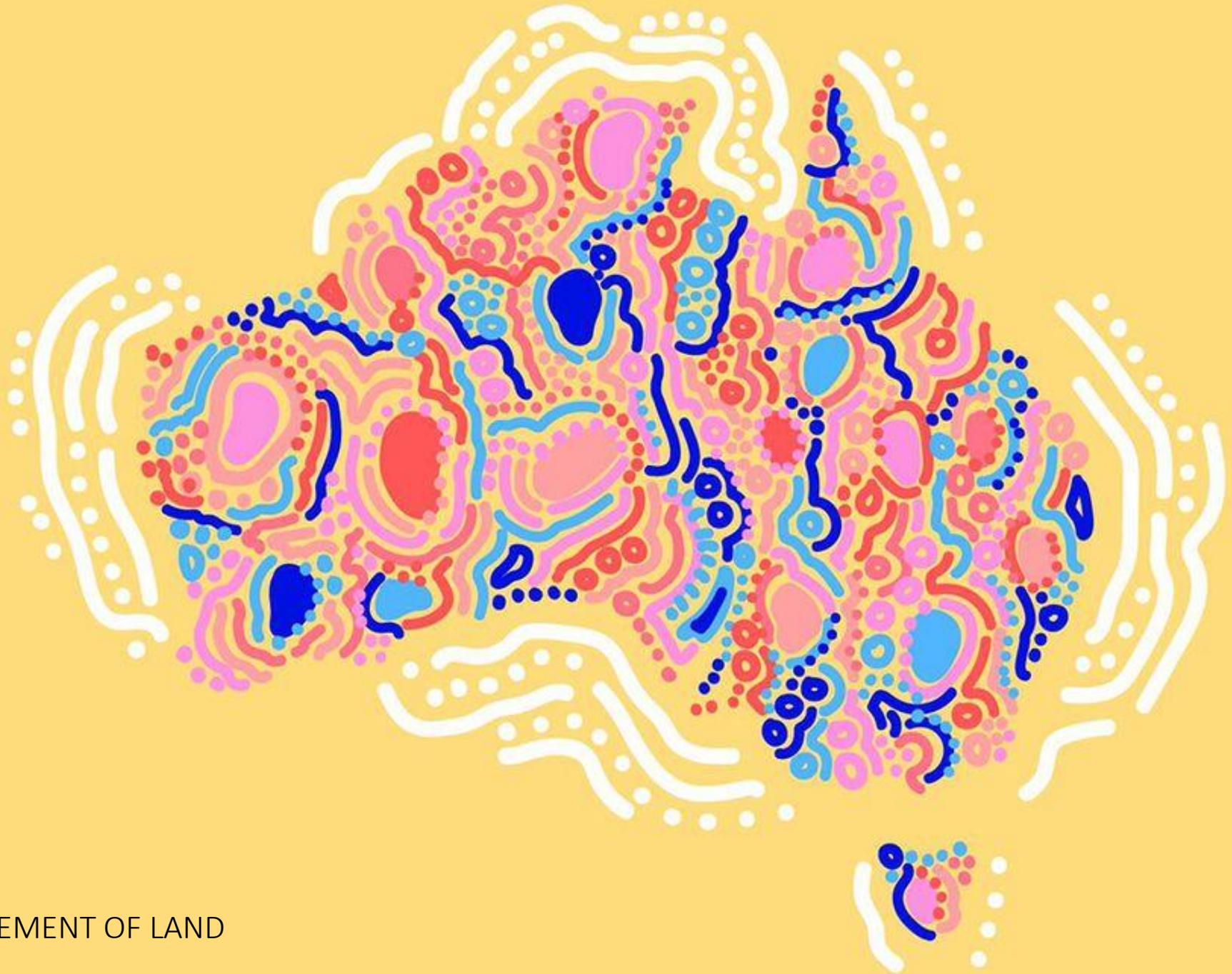


Transition from student to new graduate: are we prepared?

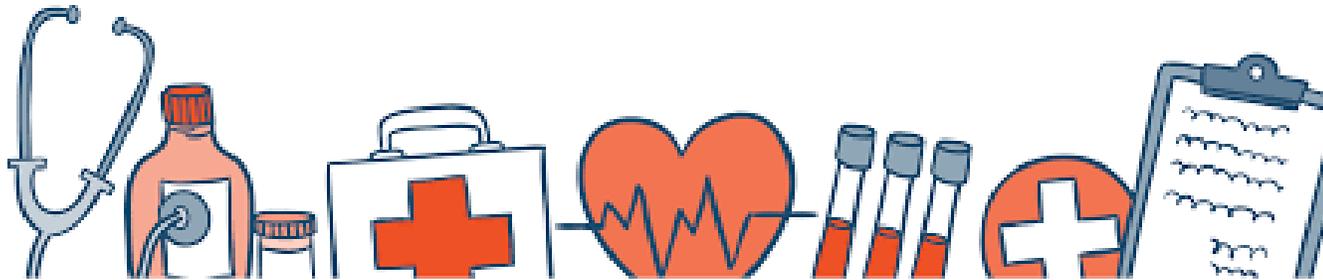
Jovana Urukalo
Podiatrist
NSW Health



ACKNOWLEDGEMENT OF LAND

About me

- ▶ Began working in Private Practice in South Australia
- ▶ Current role within NSW Health at South East Sydney Local Health District
- ▶ Masters by Research degree, University of South Australia



Clipart Library, 2019

Contents Outline

- ▶ What was my new graduate year like?
- ▶ What/where were the gaps?
- ▶ What can we do to make it better for the coming cohorts?
- ▶ Take home messages

My new graduate year

- ▶ Very different to University
- ▶ Many difficulties and adversities
- ▶ Taking initiative and seeking out information/guidance
- ▶ Building professional relationships and developing connections



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Was I prepared for the real world?

- ▶ Yes and no...can we really be 100% ready?
- ▶ University provides a good baseline of knowledge
- ▶ Self-directed learning is required
- ▶ There are still gaps that can be filled

What were the gaps?

- ▶ Time management
 - ▶ Comparison between University clinic and Work environment clinic
 - ▶ When treating patients
- ▶ Self-care
 - ▶ Burn out
 - ▶ Mentoring/support
- ▶ Conflict resolution
 - ▶ Between colleagues
 - ▶ Between clinician and patient



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How can we help the future cohorts?

- ▶ Education point of view
 - ▶ Early introduction to clinical practice
 - ▶ Role play to manage conflict resolution for clinician/clinician and patient/clinician
- ▶ Employers point of view
 - ▶ Transition period is required for new graduates
 - ▶ Mentorship pathway/career progression pathway
 - ▶ Regular meetings with words of encouragement
 - ▶ Making your employee feel comfortable



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What do I wish my employer did differently?

- ▶ Mentoring
- ▶ Guidance
- ▶ Checking in regularly
- ▶ Words of encouragement

Take home messages

- ▶ University is a good baseline, but it does not teach you everything
- ▶ Independence is paramount
- ▶ University can add certain things to course outline/curriculum
- ▶ Employers to assist with mentoring and professional development

Thank you 😊

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