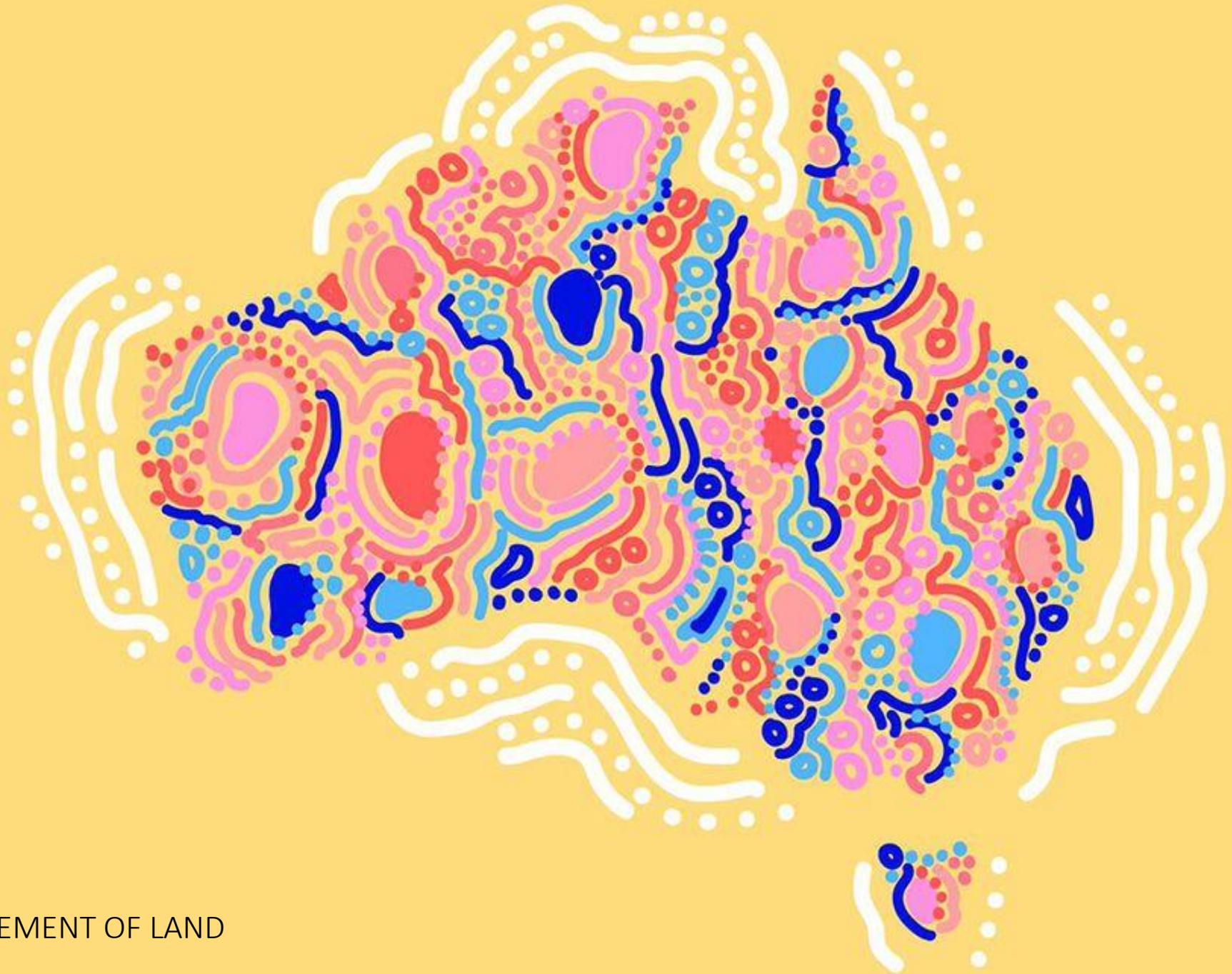


Transition from student to new graduate: are we prepared?

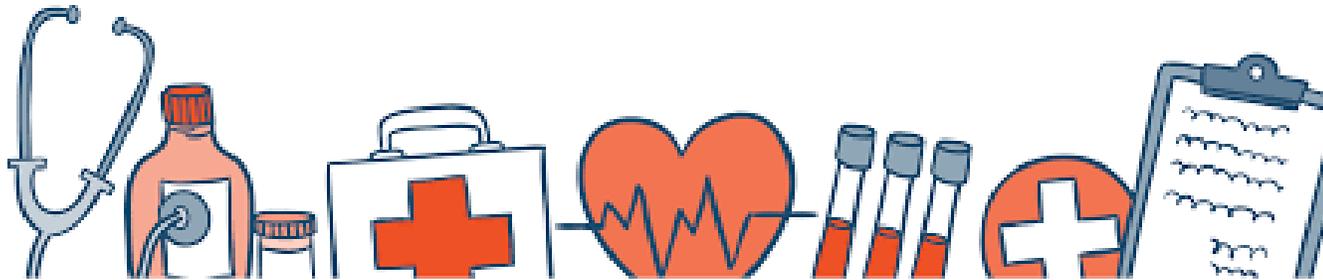
Jovana Urukalo
Podiatrist
NSW Health



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



iStock, 2022

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 Worn environment clinic
 - ▶ When treating patients
- ▶ Self-care
 - ▶ Burn out
 - ▶ Mentoring/support
- ▶ Conflict resolution
 - ▶ Between colleagues
 - ▶ Between clinician and patient



iStock, 2022

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



iStock, 2022

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 😊

References

- ▶ ABC iview 2022, Acknowledgement of Country, ABC iview, viewed 17 October 2022, <https://iview.abc.net.au/show/acknowledgement-of-country>.
- ▶ Clipart Library 2019, Medical Clipart, Clipart Library, viewed 17 October 2022, <http://clipart-library.com/clip-art/1321463_medical-clipart-png.htm>.
- ▶ iStock 2022, Happy diverse students celebrating graduation from school stock illustration, iStock, viewed 17 October 2022, <<https://www.istockphoto.com/vector/happy-diverse-students-celebrating-graduation-from-school-gm1227151024-361807338>>.
- ▶ iStock 2022, Time Management stock illustrations, iStock, viewed 17 October 2022, <https://www.istockphoto.com/search/2/image?mediatype=illustration&phrase=time+management>.
- ▶ iStock 2022, Young students walking in front of university or college stock illustration, iStock, viewed 17 October 2022, <https://www.istockphoto.com/vector/young-students-walking-in-front-of-university-or-college-gm1267092418-371649510?irgwc=1&cid=IS&utm_medium=affiliate_SP&utm_source=ClipArt.me&clickid=SPGQx110FxyNTfTV61WISXoyUkDVDV2kxRwh0E0&utm_term=college&utm_campaign=&utm_content=332624&irpid=340403>.