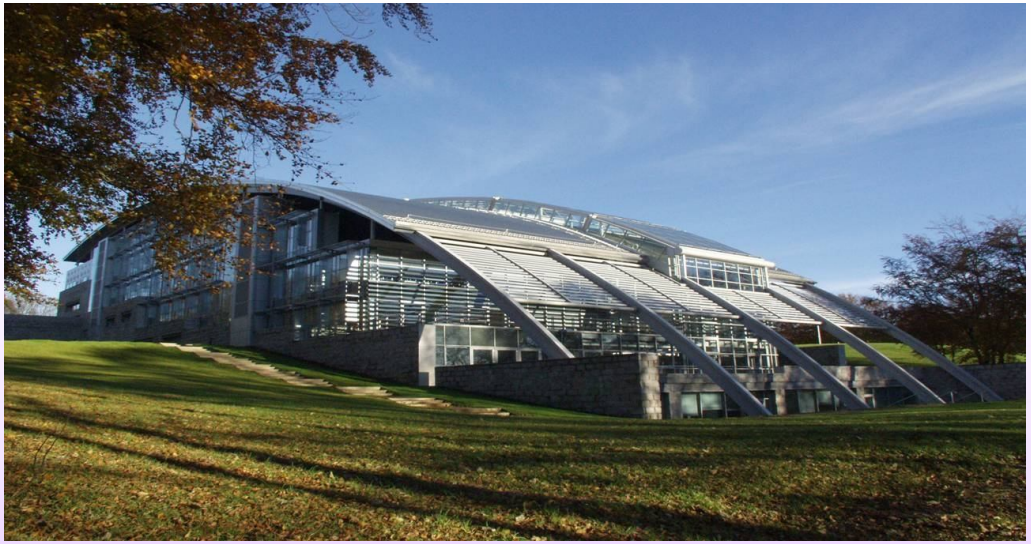


Linda Mearns

3rd year Student Midwife
at
Robert Gordon's University
Aberdeen, Scotland

Implementation of a Student Guidance Team

The School of Nursing & Midwifery

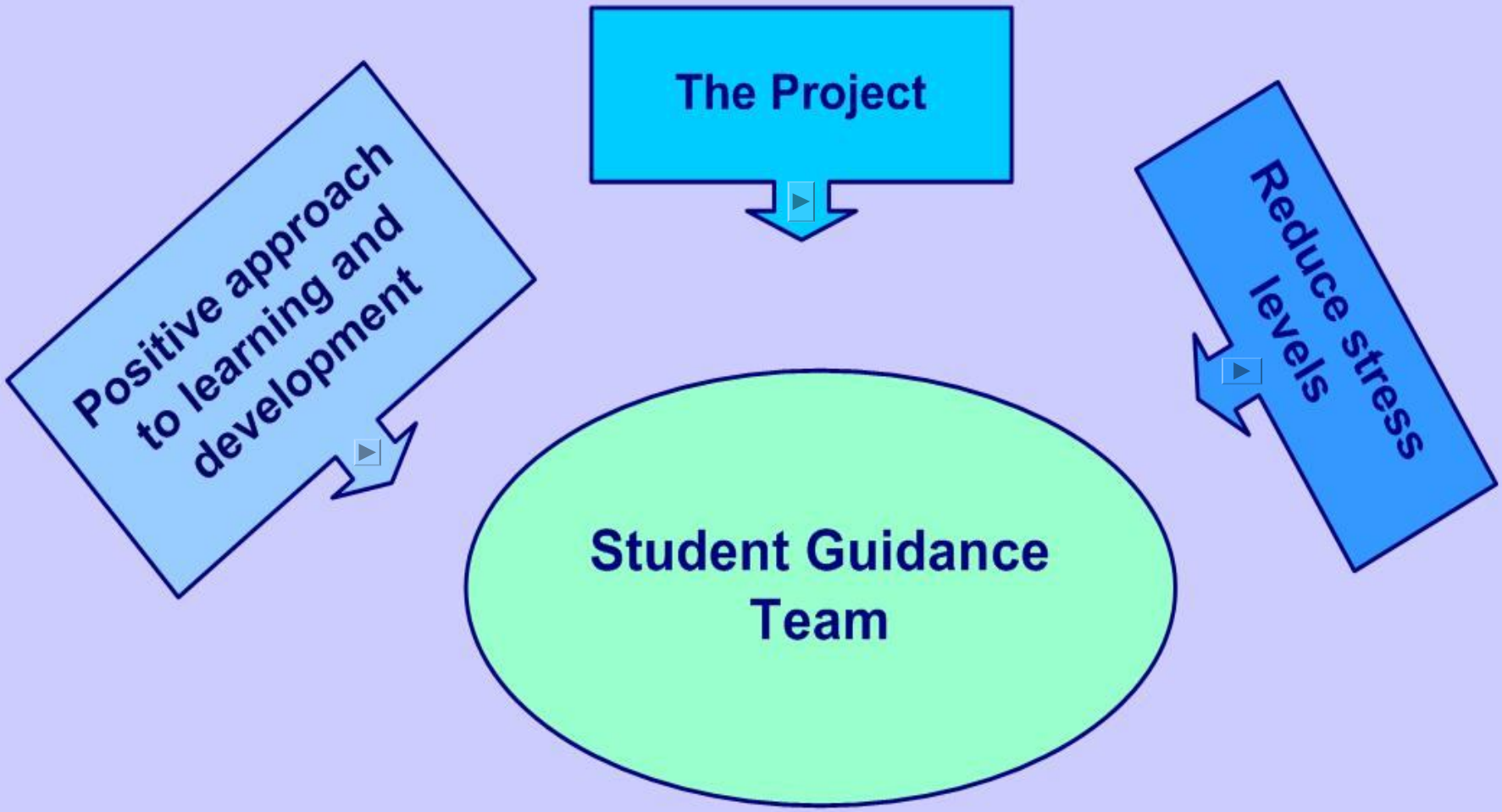
6 Nursing students and 2 Midwifery students

Scottish Government

- Funding available
- Student Recruitment & Retention budget
- Implementation of Pastoral Support Adviser June 07
- Instigation of a student guidance team in Oct 07

Attrition Rates

- Government strategy
- Retention of students
- Value of peer support


The Project
Positive approach to learning and development
Reduce stress levels
Student Guidance Team

Project Aim:

To develop a Student Guidance Team (SGT) which will assist students to integrate into nursing and midwifery education thus reducing student drop out rates.

Outcomes:

- A clear team identity will be generated through a robust training programme
- A self-supporting team will develop which promotes and enhances existing and new support mechanisms
- Enhancement of interpersonal strengths of team members and students within nursing and midwifery

Reduce Stress Levels

- Students are tuned into own and others learning challenges and can identify hurdles/ times where support mechanisms are needed
- Seen as approachable within a large organisation and able to get to the `bottom line`
- Understanding of the `lived student experience` can mean that any stigma attached to opening up about difficulties and seeking assistance can be overcome

Positive Approach to Learning & Development

- Students become proactive and inventive – identifying stress periods and actions required
- Motivated to progress - able to break mountains back into surmountable molehills
- Committed to success on an individual basis and support each other within `their` own profession

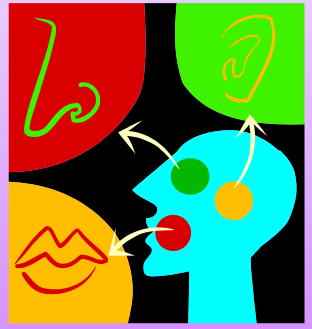
STUDENT GUIDANCE - "Run by students, For students"

*You may need guidance from someone who has been in similar circumstances to you.

*Student guidance will give you the opportunity to benefit from the experiences of others.

*We will not solve things for you but we will work with you to achieve solutions.

We can discuss any needs you may have, including;



Money
Coursework
Accommodation
Transport
Placement

And any other aspects in or out of "Uni" that you would like guidance with.

"Working together is a career for ever"

Contact us:: E-mail studentguidance@rgu.ac.uk

What is involved in being a member of the SGT?

- Complete SGT training programme.
- Communicate with student enquirers by means of email, bebo
- Advertise:-

  T-shirts, posters, podcast, bebo, attendance at student fairs, Fresher activities, induction of new students.
- Actively recruit new team members by means of email, student fairs, classroom talks.

Transferable skills

- Interpersonal skills
- Time Management
- Networking
- Multiprofessional team working
- Initiating new ideas
- Presenting
- Leadership skills
- Counselling
- Peer support

THE ROBERT GORDON UNIVERSITY
SCHOOL OF NURSING AND MIDWIFERY
STUDENT GUIDANCE TEAM

AIM

The Student Guidance Team has been set up under the guidance of the Pastoral Support Advisor, Ann Brown, with students for students from the School of Nursing and Midwifery, Robert Gordon University, Aberdeen.

Our aim is to develop a self-sufficient student population who can guide each other through the learning and development process.

To enable students to enhance their personal strengths and identify areas for development early.

To enhance interpersonal strengths of all students using a focused approach to identify challenges and learning needs.

To enhance the overall learning experience of becoming a nurse or midwife.

FOCUS APPROACH

- Focus on the solution rather than the problem
- Identify self help strategies. Recognise when further help is required.
- Encourage students to tell someone else and advise that referral may be necessary to rectify the problem.

MEANS OF CONTACT

- Email
- Text
- Bebo
- Telephone
- Face to face

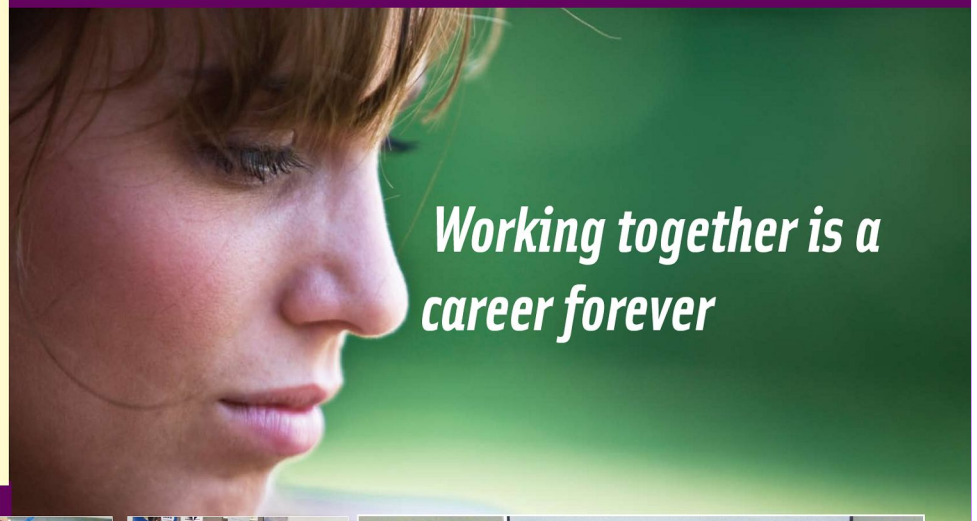
EXAMPLES OF ISSUES

- Coursework (essays, exams)
- Managing your workload
- Financial worries
- Coping strategies for stress
- Family problems
- Relationship difficulties
- Finding it difficult to settle into student life
- Finding it difficult to settle in Aberdeen

FOCUS

We will not solve things for you but we will work with you to achieve solutions. We can discuss any needs you may have in relation to:

- Money issues
- Coursework issues
- Accommodation issues
- Transport issues
- Placement issues
- Student life



TEAM MEMBERS

Lynsey Braidwood
Emma Cavanagh
Dominika Jech
Mairi-Clare MacLeod
Sharon Malcolm
Linda Mearns
Elizabeth Park
Emma Vine-Jones
Jan Watson

Food for thought?

Could this system work within clinical practice to reduce the rising stress levels ?

Presented by

Linda Mearns

Student Midwife

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