

Description

Positive Planning with the Happy Planner Company; approaches to a growth mindset

Sophie Lee – Director and Designer of The Happy Planner Company Ltd

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Approaches to a growth mindset



d habits into place — to keep you healthy,
it is, by planning positive strategies, and
and tricks in my book 'The Resilience Plan

My first tip; revisit the personal statement you wrote when applying for your midwifery course. You had to sell yourself in that document and prove that you could

study midwifery. Your interviewer agreed with you, and you were offered a place. You are still that person, except now you have a wealth of experience, knowledge, and confidence related to midwifery. Renew your belief in yourself, and remember why you started, and how others believed in you too!

Secondly; keep reflecting. A reflective practitioner is one with a growth mindset,[1] who believes in their ability to develop and advance in their skills and knowledge. Reflect by writing a few notes every day in a journal. Consider one thing that



n towards how you'll get there.[2]

e and consider whether you've had the veloping into an experienced clinical

Another important piece of advice would be to plan your rest, whether a few days, a few hours, or even a few moments. Remind yourself of what you love to do, something completely separate from midwifery. It's important to have a mental break from the demands of your course — to refresh yourself and reset before you go back to your studies. Don't be passive about this, make a date with yourself in your diary and stick to it!

There are many more strategy making plans and exercises through my book 'The Resilience Plan for Healthcare Students' that will help you to develop your confidence and resilience during your course and placements. Why not implement some new habits for the year ahead, and keep you shooting for the moon!

References

1. White S. The 30-second briefing: What is growth mindset?. Tes.com. https://www.tes.com/news/30-second-briefing-what-growth-mindset. Published 2016. Accessed December 3, 2019.

2. Atkins S, Murphy K. Reflective Practice. Nursing Standard. 1995;9(45):31-37. doi:10.7748/ns.9.45.31.s34

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