

The logo consists of a white house-shaped outline containing the text 'SU SKILLS CAFÉ' in a bold, white, sans-serif font. The background of the entire page is a photograph of a woman with long brown hair and bangs, wearing a white sweater, looking down at a piece of light blue fabric held by a purple industrial sewing machine. Another person's head and shoulder are visible in the foreground on the right, looking towards the machine.

**SU
SKILLS
CAFÉ**

**SUPPORT ON ISSUES
THAT MATTER TO YOU**

A Guide to Succeeding whilst on Placements

The logo is a black inverted triangle containing the text 'SU ADVICE' in a white, bold, sans-serif font.

**SU
ADVICE**

**Remember, we've got your back.
Email suadvice@essex.ac.uk if you're
ever unsure or want more guidance.**

INTRODUCTION



For many of our students, placements form a large part of their degree. The majority of our students undertaking placements come from the HSC department, but many others are doing similar things such as our Physios in SRES.

When you undertake a placement, you are getting real world experience and increasing the chances of getting a professionally recognised qualification and a job upon graduation, so it is a very important part of your degree at Essex.

The point of this booklet is to reinforce that we will still have your back, even when you are not physically here; to encourage you to take care of yourself and remind you how you can do this and look out for each other.



DEPARTMENTAL SUPPORT

You will also have been given handbooks that will contain information, and always check Moodle



Subject	Links
Speech & Language Therapy	Speech and Language Therapy placements University of Essex
Occupational Therapy	Placements at Occupational Therapy University of Essex
Physiotherapy	Placements at the School of Sport, Rehabilitation and Exercise Sciences University of Essex
Oral Health	Oral Health Sciences University of Essex
Nursing	Nursing Placements University of Essex
Social Work	Social Work Placements University of Essex
Doctorate of Clinical Psychology	Clinical Psychology Placements University of Essex



HOW CAN THE SU HELP WITH PLACEMENTS?



It's really important when you are on your placements to stay in touch. We recommend you keep your department and the SU Informed of how the experience is going.

It's really easy to disconnect and focus on the placement work and your coursework but this is when issues slip through the cracks and students can start to feel isolated.

If you are not a student rep please make sure you know who is ([Explore your Department](#))

Make sure they are aware of any issues and try to let them know as soon as it happens. Often we find out about things after they happen and can then only make sure it doesn't happen again, rather than intervene at the time.

The University and SU also offer a lot of activities and support that you can use even when on placement such as:

- Activities to support your mental and physical wellbeing
- Community groups
- Wellbeing and SU Support Services





Mental and physical wellbeing

The SU runs lots of activities throughout the year and whilst it maybe difficult to become a member of the 1st Football team due to your other commitments, it is still important you do physical activities to keep up your health. Some of our Essex Blades Sports Clubs offer a social sport session as well. Details on Sports Clubs and the various sessions they offer can be found here: [Essex Blades Sport Clubs](#)"

Here is a link to all the sports currently on offer
[Essex Blades Sport Clubs](#)

There are also many societies that help build networks and friendships. Its important that you continue to spend time on hobbies or things that you enjoy

Here are all the societies that exist - [Find a Society](#).

As you can see there are a number of societies that link to departments and professions. If there isn't one, you might want to think about creating one. For example, we no longer have a Nursing Society, but it can be so beneficial to meet with people in the years above and below who can share experiences, top tips etc. They often also bring in speakers and plan events to suit the cohorts.

You can also check out our What's On pages to see details of upcoming events or activities you can fit around your schedule - [SU What's On](#)



Community Groups

Being on placement can be a lonely experience. Do you have a Whats app group – if not start one! More and more of our students are finding the Whats app community option a really useful way to stay in touch with students on your course and share information.

Don't forget your other communities outside of your course. Are you a mature student, black or disabled? Our SU Communities exist to offer representation and support to people from all different communities. Check out more here : Community Groups.

There is also a community common room you can access if you need a quiet space somewhere. Details can be found here - Community Common Room



Support



The SU and University have various support mechanisms in place:

1. The SU Advice team - these guys are amazing and can give you free, impartial and confidential support on so many issues, ranging from Academic Offence allegations to Student Visa support - [SU Advice](#)
2. SU Student Reps – talk to your reps about what is going on, tell them what is going well and what's not. They will make sure that feedback is passed to the department and placement team - [Student Reps](#)
3. The SU Education team – we are here to work with the Student Reps but also all other students. If there is something you are not sure how to bring up, or are worried there will be consequences of doing so, we can be the middleman and make things anonymous or run interference. We can offer advice and signposting too - [SU Education team](#)
4. Don't forget the University's Student Wellbeing and Inclusivity Service (SWIS) are still available to you. They can help with many things including access to Mental Health and Wellbeing support- [SWIS](#)



RAISING CONCERNS

IF YOU HAVE A CONCERN WHILST ON YOUR PLACEMENT PLEASE LET THE UNI KNOW IMMEDIATELY!



The University wants all students to be able to work in a safe environment and will not tolerate certain types of behaviours. Whilst the University expects placements will meet the standards required, please let them know if something doesn't go to plan.

Telling the University after your placement will only help those who come after you. The QR code below will take you straight to a form to report anything you are not comfortable with. We've included an example of a complaint received and the outcome reached.

Example

A student was experiencing bullying on placement and heard what was being said about them, in addition the practice assessor often assigned the student to a different member of staff, rather than assist the student themselves, and had made comments about the students personality. The student experienced rudeness and uncalled for criticism by staff who they had rarely worked with, implying 'gossiping' throughout the team.

Outcome

The student began by contacting their student advisor. The student partook in multiple meetings about this issue and their practice assessor was changed. The student was happy with this outcome.

If this wasn't brought to the attention of staff, the student would of remained in that awful situation through the whole of their placement.

We dont want that for anyone!



Scan to complete Incident Report Form

Alternatively, click on the link below on your desktop browser.

Link: [Click to complete Incident Report Form](#)



FINANCIAL SUPPORT



GOING ON PLACEMENT CAN BE A FINANCIAL STRAIN SO DON'T FORGET TO USE HELP WHERE IT'S AVAILABLE

- Check what you are entitled to via the [NHS Learning Support Fund](#)
- SU Advice can offer short term immediate help via the Emergency loan - more information [here](#)
- The University offer financial advice and support via [Blackbullion](#). You can also find details about the [Hardship Fund](#)
- Don't forget to look at discount schemes such as [Blue light](#), student discount sites such as [UniDays](#), [StudentBeans](#) and [NUS Totem Discounts](#)
- First bus do student tickets you can buy on the app or at the SU Reception in Square 4 - [link](#)
- Trains also have a student card options available: [Mature student card](#)
[18 - 26 Card](#)
- Social Work have put this [handy_guide](#) together.



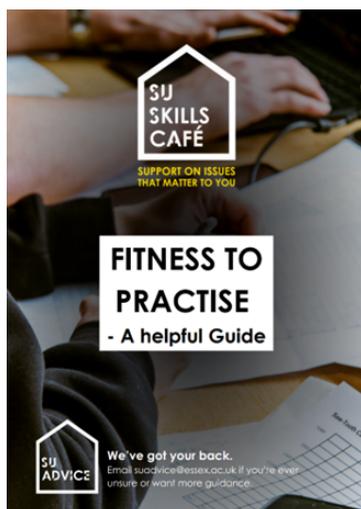
FITNESS TO PRACTICE



SUPPORT ON ISSUES
THAT MATTER TO YOU

**MAKE SURE YOU ARE AWARE OF WHAT FITNESS TO PRACTICE IS
ALL ABOUT**

**READ OUR SUPPORTING DOCUMENT HERE
[SJ FITNESS TO PRACTISE GUIDE.PDF](#)**



**Remember, we've got your back.
Email suadvice@essex.ac.uk if you're
ever unsure or want more guidance.**



INTERESTED IN BEING A STUDENT REP?

EMAIL : SUREPS@ESSEX.AC.UK

[HTTPS://WWW.ESSEXSTUDENT.COM/EDUCATION](https://www.essexstudent.com/education)