

## Additional resources for students and entry-level workers

Working in the AOD sector can sometimes be a steep learning curve.

Here are some general tips for students and entry-level workers:

- Ask plenty of questions, the AOD workforce are really great at looking after each other.
- Take advantage of training opportunities.
- Practice within the scope of your training and experience.
- Seek supervision and mentoring on building effective and efficient practices.
- Make reflective practice part of your routine.
- Take feedback on and don't take it personally.
- Accept that you are still learning.

Use the following links to find out more.



### Student Mental Health Guide - Written for rural students

<https://nrhsn.org.au/resources-2/mental-health-guide-when-the-cowpat-hits-the-windmill/>



**Dovetail Student Placement Toolkit** - Developed to support student placements and is relevant for all students or workers new to the sector who wish to enhance their alcohol and other drug (AOD) knowledge.

<https://www.dovetail.org.au/resources/student-placement-toolkit/>

#### References

1. ANMJ. My 7 top tips for new graduate nurses. [cited 2022 22 Feb]. Available from: <https://anmj.org.au/my-7-top-tips-for-new-graduate-nurses/>.
2. NRHSN. Mental health guide – When the Cowpat Hits the Windmill. [cited 2022 22 Feb]. Available from: <https://www.nrhsn.org.au/resources/publications/mental-health-guide-when-the-cowpat-hits-the-windmill/>
3. Dovetail. Student placement toolkit. [cited 2022 24 Feb]. Available from: <https://www.dovetail.org.au/resources/student-placement-toolkit/>

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Insight Centre for AOD Training and Workforce Development. Insight's Worker Wellbeing Tipsheets: Additional resources for students and entry-level workers. [cited 2022 21 Feb]. Available from: <https://insight.qld.edu.au/shop/worker-wellbeing-additional-resources-for-students-and-entry-level-workers>