

STUDENT COPING ISSUES

Adjustment to the educational program

- Program regulations, policies and procedures
- Relocating to attend the program
- Length of commute to program
- Study habits
- Test anxiety
- Comparing self to other student performance in the classroom
- Building relationships with other students
- Impact of program on family and relationships
- Time management issues
- Impact of program on sports, hobbies and recreation

Adjustment to the clinical area

- Clinical regulations, policies and procedures
- Clinical performance anxiety
- Building relationships with staff
- Fear of making a mistake
- Surgeon/staff personalities
- Will have moral, legal, ethical, and professional obligations that most others do not have
- Must deal psychologically with events and outcomes that others seldom face
- Cannot share daily events in the OR with others due to confidentiality or because others have no desire to discuss surgery
- Cannot afford to be mentally or physically impaired in any way
- Must perform in an environment that constantly changes
- Fear of exposure to disease or injury
- Physical requirements of the profession
- Clinical assignment preparation
- Time management issues
- Comparing self to other student performance in the clinical area

Self-Management Skills

- Importance of self-management in an environment that constantly changes
- Techniques for adjusting to change
- Stress management
 - biofeedback
 - relaxation techniques
 - exercise
 - dietary considerations
 - health considerations
- Refocus and reenergize
- Promote resilience