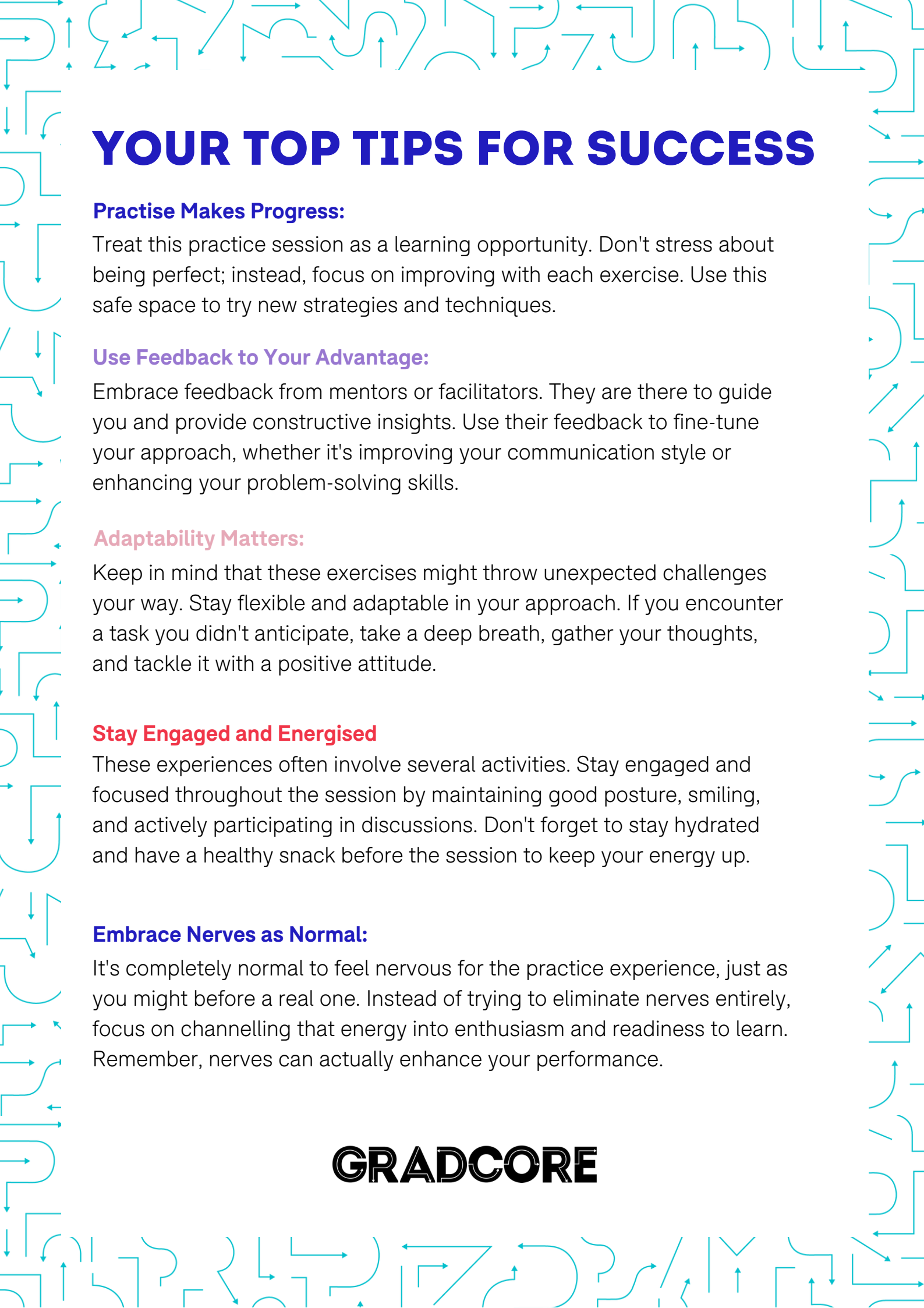




YOUR TOP TIPS FOR SUCCESS

Practise Makes Progress:

Treat this practice session as a learning opportunity. Don't stress about being perfect; instead, focus on improving with each exercise. Use this safe space to try new strategies and techniques.

Use Feedback to Your Advantage:

Embrace feedback from mentors or facilitators. They are there to guide you and provide constructive insights. Use their feedback to fine-tune your approach, whether it's improving your communication style or enhancing your problem-solving skills.

Adaptability Matters:

Keep in mind that these exercises might throw unexpected challenges your way. Stay flexible and adaptable in your approach. If you encounter a task you didn't anticipate, take a deep breath, gather your thoughts, and tackle it with a positive attitude.

Stay Engaged and Energised

These experiences often involve several activities. Stay engaged and focused throughout the session by maintaining good posture, smiling, and actively participating in discussions. Don't forget to stay hydrated and have a healthy snack before the session to keep your energy up.

Embrace Nerves as Normal:

It's completely normal to feel nervous for the practice experience, just as you might before a real one. Instead of trying to eliminate nerves entirely, focus on channelling that energy into enthusiasm and readiness to learn. Remember, nerves can actually enhance your performance.

GRADCORE

YOUR TOP TIPS FOR SUCCESS

Dress Comfortably and Professionally:

While it's a practise session, dressing professionally can put you in the right mindset. Choose comfortable attire that aligns with the industry you're aiming for. Feeling confident in your appearance can positively impact your performance.

Collaborate and Connect:

Engage with your fellow participants. Remember, everyone is in the same boat. Collaborate during group activities and discussions, share ideas, and actively listen to others. Building connections with peers can make the experience more enjoyable and help you gain new insights.

Stay Open to Learning:

Approach each activity with an open mind. This is your chance to learn and grow. Don't be afraid to try new strategies, even if they don't work perfectly. Every experience is a stepping stone to improvement.

Be Yourself and Relax

Remember, this is a practise session, and the goal is to learn and improve. Be yourself and don't stress about being perfect. Relax, have fun, and use the opportunity to enhance your skills.

And lastly, know that we're here, alongside your university, to support you every step of the way.

Every challenge is a stepping stone towards your dream career. Embrace the learning, reflect on your progress, and be proud of your efforts.

We're cheering you on, and we can't wait to see you shine. You've got this!

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