



# DO'S & DON'TS FOR STUDENT CLINICAL ROTATIONS



## DON'T

Starting a new school year can be demanding, but starting a new season of clinical rotations is another ball game. AT students shouldn't expect their clinical rotation experiences to be the same as their classroom work, which is mostly textbook based, said members of the NATA Student Leadership Committee. As students navigate their clinical rotations, consider these do's and don'ts.

## DO

- + Be open to all clinical experiences; you may discover something you didn't know you'd like.
- + Take initiative. If you see work in the clinic that needs to be done, do it without being asked – for example, wiping down tables and folding laundry. That way, when you and your preceptor both have a free minute, you can spend that time talking about patient cases.
- + Be able to take constructive criticism. Learn and grow with every clinical experience.
- + Get to know your athletes early on so they get comfortable and start to trust you.
- + Recognize you're just as responsible for your education as your educators, so work to get what you want from the experience.
- + Take reasonable chances. The best time to learn is during your clinical rotation while your preceptor is still there to guide you.
- + Be open to receiving knowledge.
- + Be OK with being wrong and trying new things. You are learning and no one expects you to be perfect.
- + Introduce yourself to everyone, even if you forget someone's name. The relationships you build during your rotation will be invaluable to your experience.

- × Go into the experience with preconceived ideas of what it will be like. Every rotation is an opportunity to grow your abilities, despite what others may have told you.
- × Be afraid to ask for help. If there's something you don't know or understand, ask for assistance.
- × Burn yourself out.
- × Close yourself off to a learning opportunity, especially if the clinical rotation isn't exactly what you are looking for after graduation. Every rotation is a learning opportunity.
- × Be afraid to try something new. Step outside your comfort zone. Whether it's an evaluation or a new rehabilitation technique, give it your best shot and you will learn something.
- × Let your fear of failure be your limiting factor. As a student, you can fail endlessly with a safety net to catch you; take advantage of it.
- × Assume that your preceptors are excluding you from patient cases. If it appears that way, they may just be highly focused on working with the patient. Unless you're specifically told to not observe a specific case, then it's OK to go up, introduce yourself to the patient, join their evaluation, listen to what's going on and help where you can.

