

Staying in touch



Getting your students to take control of their training and bouncing back strong!

On occasion, at Abbeydale, we have some learners who appear to struggle with resilience and independence in learning. Resilience and independence are not the same thing. Resilience is an individual's ability to adapt to difficult and possibly challenging situations or life experiences. This requires the person to be able to swiftly adapt mentally, emotionally, and behaviourally while being able to meet the required challenges. Being resilient can help us overcome difficult and potentially traumatic events, and it can also help us develop positive emotional responses while overcoming life disruptions. Herman et al. (2011) describe resilience as a positive adaptation and/or the ability to regain and maintain mental health despite experiencing difficult situations.

Resilience is an individual's ability to adapt to difficult and possibly challenging situations or life experiences.

An independent learner is a person who can take responsibility and make informed decisions about their learning.

It has been identified that being resilient can help with self-esteem, optimism, self-efficacy, positive emotions, cognitive flexibility, and active coping.

This directly links to independence in learning. An independent learner is a person who can take responsibility and make informed decisions about their learning. They can also apply different strategies to their learning and see failure as an opportunity to learn and have control over their learning and developing knowledge.

continued over the page



Continued from page 1...

Resilience is often thought to be our ability to bounce back, but an individual can accept, change, adapt, plan, and recognise our thoughts and emotions whilst dealing with a challenging situation and being open to this change whilst being aware of our behaviours and personality. An individual can become more resilient by learning to recognise their thoughts and emotions while controlling their behaviours and actions.

It enables us to develop psychological hardiness. If we never encounter any problems, we cannot learn to overcome them. Every learner can be resilient, but we must be aware of the influence of life experiences. To be able to develop resilience requires persistence, focus, patience, and deliberate practice.

It is worth noting that chronic difficult challenges and stressful and traumatic events can lead to PTSD, depression, anxiety, and other mental illnesses that are outside of the scope of this newsletter.

We must develop resilience and persistence so that we can protect ourselves from vulnerability, and overcome failures to be able to make successes. Persistence is vital to keep learning and trying new strategies to improve internal and external focus whilst developing a positive mindset and adaptability.

This year we are going to be actively supporting learners to develop independence in learning and resilience by:

2024 Clinical Coach Standardisation Series with speaker Ruth Wootton from Mwmentum Consulting.

A new mandatory tutorial on resilience for all learners will be implemented.

Abbeydale tutors introduce a new interview process that includes discussions on resilience and timing for studying.

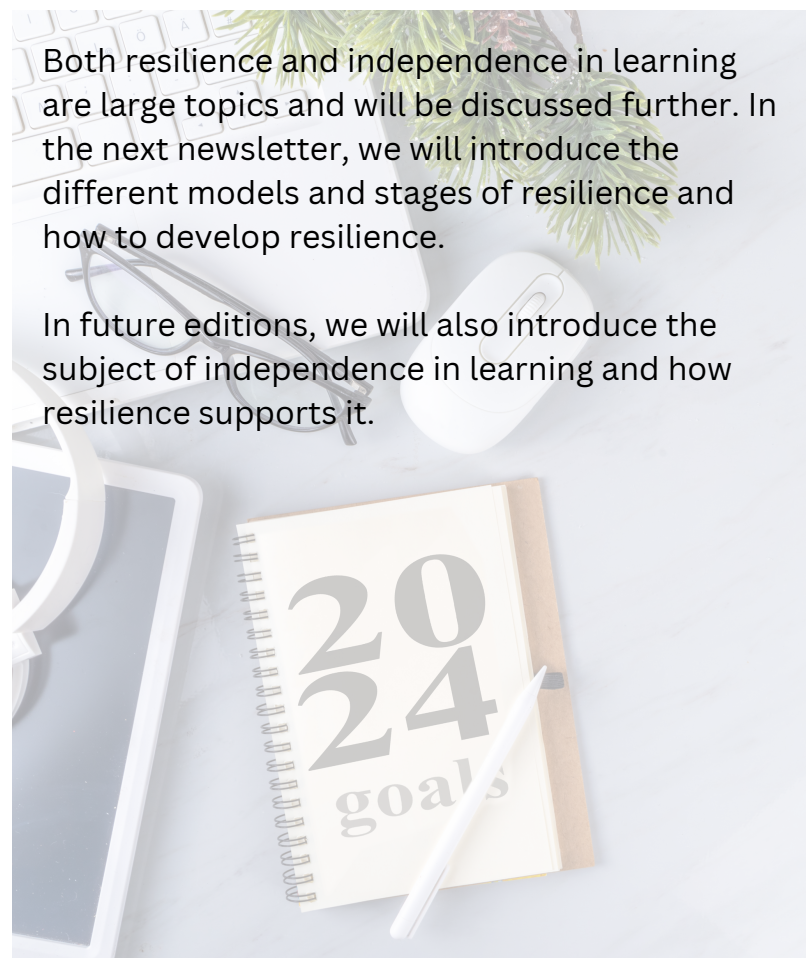
Incorporating Independent Learning in taught sessions.

Abbeydale newsletter series



Both resilience and independence in learning are large topics and will be discussed further. In the next newsletter, we will introduce the different models and stages of resilience and how to develop resilience.

In future editions, we will also introduce the subject of independence in learning and how resilience supports it.



IMPORTANT DATES

Guided study week 12th-16th February

Results from January written exams due 28th February

The next clinical coach training online cohort starts on 1st March

Easter break 25th March-5th April

Written exams for some groups 23rd-26th April

Next OSCEs to be held at Abbeydale 18/19th May



OUR AWESOME SPEAKER



RUTH WOOTTON
MOMENTWM CONSULTING

DATES FOR 2024

- Thursday 21st March 6-8 pm, online
- Monday 20th May 10 am-12 pm, in-person event
- Wednesday 10th July 12-2 pm, online
- Tuesday 17th September 6-8 pm, in-person event
- Wednesday 13th November 6-8 pm, online



2024 CLINICAL COACH STANDARDISATION EVENTS



Topic 's include
— — —
Coaching students to be independent learners and Abbeydale updates

RESERVE YOUR SPOT TODAY BY VISITING OUR WEBSITE: VETNURSETRAINING.CO.UK.