

TOP 10 TIPS FOR TRANSITIONING INTO THE WORKFORCE

From ACN Emerging Nurse Leader Carina Fernandes MACN

!! BE PROACTIVE

Start planning your next move during your final year of study! Attending career workshops and exhibitions (such as the **ACN Nursing & Health Virtual Expo**) will help you build connections and explore career opportunities.



NETWORK

Introduce yourself to Nurse Unit Managers and Clinical Educators during your placements, and if comfortable, ask for a work reference. You never know where your connections could take you!



RESEARCH

Familiarise yourself with the roles you are interested in! Reading up on the values and mission statements of potential employers and understanding the role descriptions will help you thrive come interview time.



PREPARE

Research what to include in your CV, practice writing job applications and prepare your answers for interview questions (the **ACN Career Hub** has a variety of resources to help you out!). Remember: speak from the heart and always be honest!



STAY STRONG

If you fail to secure a graduate position, don't give up! Keep applying for as many roles as possible, ask for feedback from interviews and pursue continuous learning opportunities to support your entry into the workforce (such as the **ACN Transition to Practice Program**).



FIND SUPPORT

Utilise the tools and support groups available to you! **Joining the ACN Tribe** and the **ACN NurseStrong community** are excellent ways to ensure you are informed, connected and inspired during your transition into the nursing workforce.



BE PATIENT

Once you enter the workforce, be sure to give yourself time and space while you learn and grow. Remember that the transition from studying to working full-time isn't easy, so be kind to yourself!



ASK FOR HELP

There may be times where you are asked to perform duties outside your scope of practice. Always ask for assistance and never do anything you're not comfortable with.



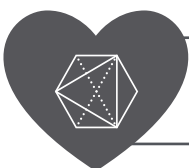
COMBAT IMPOSTER SYNDROME

You may experience Imposter Syndrome when comparing yourself to your colleagues. Don't let the doubt overwhelm you and remind yourself of how hard you've worked and what you've achieved thus far! P.S. ACN has compiled a list of five strategies to beat Imposter Syndrome – **check it out!**



PRACTICE SELF-CARE

Self-care is so important for your physical and mental health, yet something many nurses are yet to master. Establishing a self-care routine early in your career will help you become the best nurse you can be for years to come!



Find out more about how an ACN membership can support you during your transition into the workforce at acn.edu.au/membership.