



### Tilly Styles

Tilly is in her final year of her Bsc (Hons) degree in Veterinary Nursing at Middlesex University and is very much looking forward to practice life. Tilly loves to volunteer abroad, combining her love for nursing and travelling. Once Covid-19 permits, she shall be venturing to Gambia, West Africa to volunteer for the Gambian Horse and Donkey Trust.

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# Time keeping for students

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Juggling coursework, placement, OSCE practice, exams and any type of social life can prove to be a mammoth task as a student veterinary nurse! However, getting that balance is essential for your wellbeing. These are a few tips I found helped me.

Buy yourself a planner and make sure you jot down your deadlines to stay on track, and plan when you are going to spend time working on your assignment. I also note my deadlines in my phone calendar, that way I can quickly check my deadlines before making plans.

We are all so keen to get our nursing progress log done, we write the patients ID number on our hand or on a piece of paper to log later, later arrives and we cannot find it! We have all been there. Get yourself a little pocket notebook and write down your cases as soon as you do them, that way they are all in one place. I also write pre-medication

names and adverse effects in here, as well as both my fluid and fresh gas flow calculations, in order to quickly refer back to them when needed.

On a Sunday, write a list of what you personally want to achieve that week, whether that be placing more cannulas or working on your drug calculations, then build on this each week. Break down your workload and work on it bit by bit to prevent getting overwhelmed.

Lastly, breathe! you are not going to learn all these tasks over night. This is a lifelong learning profession.

Remember how far you have come and allow yourself to be proud! Don't ever be ashamed of not knowing the answer or how to carry out a certain task. Being able to ask for help from your colleagues instils confidence in the veterinary team that you are aware of your limits.