

Portfolio development exercise: Problem solving

This exercise is designed to be completed for your portfolio several weeks prior to going out on placement.

Take a sheet of paper and, down the left-hand side of the page, list all of the real and potential problems you may encounter while doing your placement. These issues might entail practical considerations such as arranging and paying for additional child care, or emotional needs such as not feeling particularly confident. On the other side of the sheet list all of the resources you have access to that could help address the potential problem areas. These resources might be located within your family and friendship network, such as people you can ask for help; personal strengths you can apply, such as determination and organisational skills; or external resources such as scouting around local op shops to buy some 'professional' clothing to wear on placement. Try to be creative and lateral in the way you think about overcoming potential obstacles to achieving success on your placement. Once you have completed these lists identify three key areas you will address before starting placement, and write a plan including action steps for what you will do to address these areas. Remember to include timeframes for when each step will be completed. The key to a successful placement is being prepared and organised.

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