Baillière’s Study Skills for Nurses and Midwives

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From personal experience I know how important it is to have strategies that can help you to be a successful learner – even if you have been a successful learner in the past. We work in a climate of rapid change in which, as health professionals, we are expected to be creative, critical thinkers who can respond to the dynamic health and social-care environment in order to meet the needs and requirements of our clients and their carers.

In the UK, we are required by our regulatory body – the Nursing and Midwifery Council – to demonstrate our competency to practise. Regardless of where you are – an Access course college student, a pre-qualifying midwifery or nursing student, or an experienced post-qualifying student – this book aims to develop skills for life-long learning; all the skills essential for you to become an independent learner.

How to use this book

I have listened to the feedback from reviewers of the previous edition, and made changes in light of this. The book is divided into two sections; Section 1 focuses on developing initial study skills, and Section 2 explores skills needed to learn from practice.

The aim of the book is to be interactive, and the structure of the chapters is devised so that – at a glance – you see what the key issues are, followed by an introduction. Within each chapter there are: tips and hints, reflection points, activities, case studies, references, websites and further reading. You can decide whether the chapter has what you need – the order in which you access the chapters is up to you.

Reflection points

These will raise issues that allow you a few moments to reflect on what you are learning and how you might learn from your experiences.

Activities

These invite you as the reader to consider issues which require you to move beyond reflection. They may require you to note down some of your ideas or to carry out some more research into a given topic. You may wish to come back to these after you finish reading the chapter.

Tips/Hints

Useful tips have been indicated and highlighted for quick reference. These are often based on the writer’s own experiences and we hope they will help you avoid some of the common pitfalls.
I would like to thank the current and previous contributors to the book, who have made this a different study skills text that continues to be of value to learners.

This book is dedicated to Jack, Charlotte and Paul.