



College of
Occupational
Therapists



New Graduates e-Bulletin

Issue (4) August 2016

Welcome message from Maureen Shiells (Lead for Education, College of Occupational Therapists)

The American philosopher Henry David Thoreau said, '*it is not enough to be busy: so are the ants. What are we busy about?*'



There's a lovely buzz in the air at COT HQ this summer. It's always a hive of activity here, but somehow it just feels, well - happy! We've been to Conference: #COT2016 in Harrogate saw a record number of delegates and the biggest number of student attendees ever! Some of you, now new graduates, might be reading this - congratulations on completing your studies.

You can view the conference microsite here: <http://cotannualconference.org.uk/> and see all the keynote speakers plus many of the presentations, which is a great treat especially if you didn't manage to go to Harrogate. *Take time to look.*

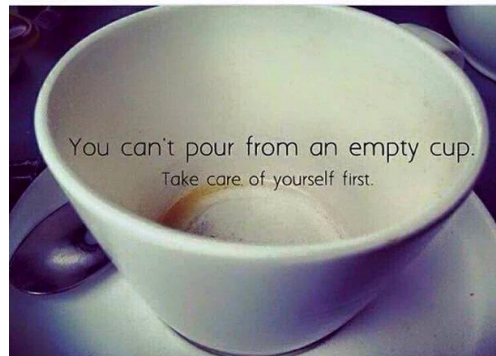
Then there was the New Graduate day in London at the beginning of August where we hosted over 30 of you for the day, networking, developing your CPD portfolio and filming some of the presentations to share with members who couldn't make it along. It has been a busy summer, but productive and fun, and I hope it has been the same for you. *Take time to reflect.*

Thinking about being busy as you search for your new jobs, or perhaps you are already establishing yourself in your role, what will your approach to this new, exciting and sometimes daunting time be? I wonder....

As occupational therapists wherever we work, occupation is at the core of what we do. In our professional lives however, it can be easy to find ourselves in a hamster's wheel, running around in circles just to stay in one place. Sometimes though, the real answer lies in not being 'too busy', but in

planning carefully what you are going to prioritise, learn, and be smart about and how you are going to deliver your work in an effective way. Don't be mistaken and think that you can only be effective if you have driven yourself into the ground. Don't wear your 'busy' badge with too much pride.

Above all, it is key to look after a very important person. You.



Down-time isn't just an optional extra in your busy day. It's an essential element. Just as we support people to regain their own occupational balance, you also need to think about your own. Build good habits into your work routines, and then make them stick! *Take time to do that.* You might find

some of the tips in this article helpful <http://amex.co/2ablCc4>

So, I lay down your challenge: it isn't enough just to be busy. Remember, the ants are busy. What are you being busy about?

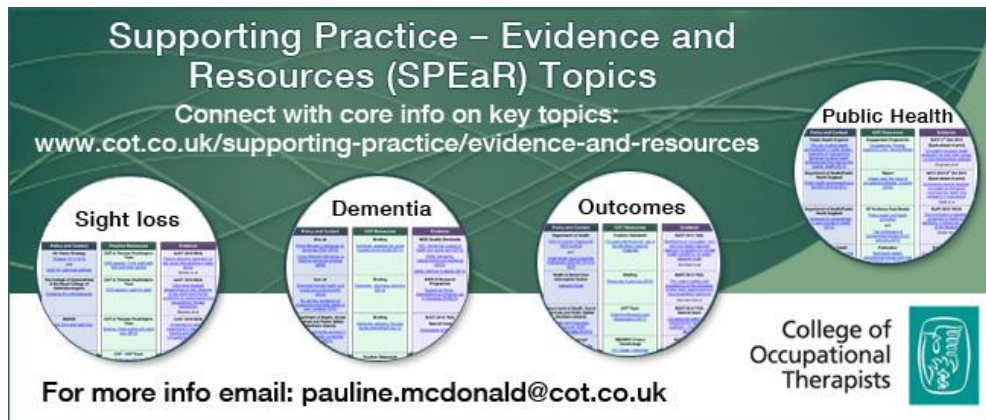
Enjoy the rest of your summer. And don't forget to smell the flowers. Here's where I go to when I need to find my 'balance'.



Best wishes,
Maureen.
@MMShiells

Support

Supporting Practice - Evidence and Resources (SPEaR) topics are an online signposting resource



The individual topics (28) draw together information on a particular subject, providing hyperlinks to relevant documents/websites. Information is organised under the following headings; Policy and Context; COT resources; Evidence

The informatics agenda is relevant to all occupational therapists. Use the **new Informatics/Digital Technologies** SPEaR topic to access some key information in relation to this important topic!

<https://www.cot.co.uk/supporting-practice/evidence-and-resources>.

!!Top tip!!

Set up an email alert for key journals such as BJOT, AJOT, CJOT and AOTJ, here: <https://www.cot.co.uk/journals-ejournals/journals-ejournals>

(Please log-in to the COT website to access these resources)

Connect

Thank you to everyone who joined us at the start of the month for the New Graduate Event at HQ. Feedback from the day highlighted it was a successful event in bringing people together for networking, shared learning and topics, including ways to embed CPD into practice. Keep an eye on the Learning Zone <https://www.cot.co.uk/learning-zone> for further information and learning resources from the day.....

Engage

Launch of new resources on the Learning Zone

The Education and Research Team have developed new resources to support members with their continuing professional development on the Learning Zone: <https://www.cot.co.uk/learning-zone>

Please take a look at all the resources but in particular you may be interested in:

1) **Taster Menus** - designed to inspire participation in a range of activities that can support professional practice and CPD. The first four menus focus on: sourcing the evidence, evidence into practice, research activities, and collecting data and outcomes. <https://www.cot.co.uk/ot-helps-you/exploring-rest-cot-website-your-cpd>

2) **How to guides**: these are off-the-shelf plans for running peer support groups e.g. action learning sets; hosting a film night; and holding a debate session. <https://www.cot.co.uk/ot-helps-you/toolkit-self-directed-learning>

Please let us know your thoughts on the resources and if there are any others you think we should add, please email us via eda@cot.co.uk



And Finally...

Welcoming the New Girl at COT

Hello New Graduate Bulletin Readers!

My name is Kelly Hiscox and following the completion of my BSc (Hons) Occupational Therapy degree at Coventry University in May, I started working for the College of Occupational Therapists (COT) in July, as the Student Liaison Officer. My COT adventure began at the COT annual conference in 2015 where I networked with a number of people from the College. Attending conference gave me the inspiration to start a blog for occupational therapy students called <http://ottaboutot.weebly.com/> to reflect on my experience at conference. Other topics have included placement reflections and a post on the benefits of being a student member of COT. Never did I imagine that I would be offered a job at COT less than four months later! Therefore, to have this role is both a privilege and an honour, especially as I am a new graduate myself.

I will play a key role in promoting the benefits and encouraging student members to use the COT resources. As I have been a member of COT throughout my studies, I am granted with a first-hand understanding of the benefits of membership, also, the importance of continuing membership. As the Student Liaison Officer I will undertake visits to pre-registration occupational therapy student cohorts to promote the useful resources and opportunities COT offers to its members and work alongside student occupational therapy societies to communicate this message. In addition, I will contribute a student's perspective to the formulation of COT resources to meet the needs of this group of members.

Please feel free to email me at any time to find out more about the useful resources and opportunities available to you with your membership or stay with my journey on twitter.

Email: Kelly.Hiscox@cot.co.uk

Twitter: @kellyhiscox





Don't forget to make sure you have all your contact details up to date on the COT website. It's your way of safeguarding your access to our fabulous resources and any mailing that is being designed especially with **YOU** in mind!

You can log-on and update your details at:
<https://www.cot.co.uk/iris/user/baot/details>

We would love to hear your thoughts and comments on suggested items for the next bulletins - after all, it's you who knows best what you need, so get in touch.

Please email Maureen.shiells@cot.co.uk or Stephanie.tempest@cot.co.uk and let us know what you think! Or use the Twitter [@BAOTCOT](#) & [@MMShiells](#) or [@setG75](#) to connect with us