



Personal Readiness Self-Assessment Tool for Students

What is the purpose of the tool?

The Preceptor Resource and Education Program in Long-Term Care (PREP LTC) helps address the staffing needs of the long-term care (LTC) sector by providing funding, education and resources to Ontario LTC homes to build capacity for clinical student placements. The project also equips preceptors in LTC to support positive and successful student placements. PREP LTC provides the personal readiness self-assessment for students.

The purpose of completing the self-assessment tool is to help you prepare for a clinical student placement in an LTC home. Getting ready to do something for the first time can be stressful. You can reduce feelings of stress by being prepared. Many things impact feeling ready for an experience. Take time to think about your expectations for the clinical student placement experience.

How do I use the tool?

First, complete the checklist portion on your own. It will show you what resources you have, and what you need. You can also think about personal strengths, challenges and more preparation that you may need. Then, share what you have learned with a peer, or people supervising your learning (for example, a preceptor or instructor).

Who developed the tool?

Team members at the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI), and external experts put this tool together. The work of many researchers and practitioners informed this tool. There is a list of their work in the References section.

Acknowledgements

This PREP LTC e-module was developed by the Ontario CLRI at Baycrest and is built on the success of the Ministry-funded Preceptor Education Program (PEP) in collaboration with the Faculty of Health Sciences at the University of Western Ontario and with Fanshawe College School of Nursing.

PREP LTC is led by the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) at the Schlegel-UW Research Institute for Aging in collaboration with the Ontario CLRI teams at Baycrest Health Sciences and Bruyère. The views expressed herein do not necessarily reflect those of the Province.

Last updated June 2022

Are you ready to participate in a preceptorship?

SUCCESS FACTORS	CHALLENGE	STRENGTH	UNSURE	COMMENTS
I understand the purpose of the preceptorship.				
I know what my role is.				
I know what the preceptor's role is.				
I know my expectations of the clinical student placement.				
I know what success looks like for me.				
I know what I need to demonstrate to the preceptor.				
I know what I should be able to complete independently.				
I have a way to keep track of my goals.				
I feel confident going into the clinical student placement.				
I have ways of strengthening my well-being.				
I know how to get support for the stress and challenges of long-term care practice.				
I know how to get support for mental health challenges if they happen.				
My school, college or university coordinator supports me in the clinical student placement.				
I have supportive peers.				
My peers interfere with my ability to participate in the clinical student placement.				
It will be easy to participate in the clinical student placement.				
I have a plan to handle conflict with my preceptor, peers and/or team members if it should happen.				
I know how to be respectful of a preceptor.				
I know who to go to if I experience issues or challenges during the clinical student placement.				