


FROM STUDENT TO CLINICAL FELLOW:
**Fostering a Positive
Transition through
Boundary-Setting and
Self-Care**
PRESENTED BY: SAM WALKER



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WELCOME
I'm Sam!

- A NYC gal living in sunny San Diego
- Popcorn enthusiast
- Passionate about advocating for a fair grad school experience
- Fun Fact: I played 3 instruments in high school



GRADUATED NYMC:
MAY 2019

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**LET'S TALK
GRAD SCHOOL**



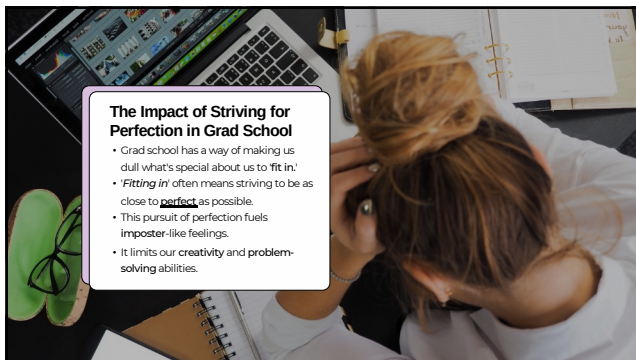
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The Impact of Striving for Perfection in Grad School

- Grad school has a way of making us dull what's special about us to 'fit in.'
- 'Fitting in' often means striving to be as close to **perfect** as possible.
- This pursuit of perfection fuels imposter-like feelings.
- It limits our **creativity** and **problem-solving** abilities.

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01 UNATTAINABLE IDEALS
Constantly striving for a 'perfect' therapy session or test grade sets unattainable standards.

02 FEELING INADEQUATE
Regularly falling short of these ideals leads to feelings of inadequacy and not being good enough.

03 STRUGGLE WITH IMPOSTER SYNDROME
This battle to achieve perfection fuels imposter syndrome, as our hardest efforts still feel insufficient.

Perfection

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LOW CONFIDENCE & IMPOSTER SYNDROME
Graduate school often leaves us doubting our abilities and feeling like imposters.

STRUGGLING WITH INDEPENDENCE
The transition brings a struggle with independence, feeling lost in the professional world.

APPLYING KNOWLEDGE
Armed with knowledge, yet uncertain about its real-world application.

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01 ADVOCATES AND MENTORS
Good supervisors are advocates, offering guidance, feedback, and support. They're key in building your confidence and professional skills.

02 AVOID POWER STRUGGLES
Watch for supervisory relationships that feel like power battles. Mutual respect and support are crucial; power struggles are a major red flag.

03 LEARN FROM EXPERIENCE
From experience, relationships dominated by power imbalances are often counterproductive. Seek environments where you are valued and empowered.

Supervisors

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Perfect Ideal
Grad school often emphasizes perfection in every aspect, from therapy sessions to exam scores, setting an unrealistic standard.*

Inadequacy & Self-Doubt
The inevitable shortfalls in meeting these high standards can lead to persistent feelings of inadequacy and self-doubt.

Imposter Trigger
Striving for unattainable perfection, especially when hard efforts seem never enough, is a key trigger for imposter syndrome among students.

perfectionism

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Fostering a Learning-Centric Environment Over Perfection Pursuit

Let's focus on growing, not just on being perfect. As supervisors and CEs/students, every experience is a chance to learn and get better, embracing our imperfections along the way.

Learning Perfectio

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01 CLARIFY PAID HOURS
During interviews, ask if paid hours include time for note-taking. Clear expectations prevent future misunderstandings.

02 WORK-LIFE SEPARATION
Make it a rule to leave work at work. It's challenging but vital for mental health and professional longevity.

03 USE YOUR PTO DAYS
From experience, relationships dominated by power imbalances are often counterproductive. Seek environments where you are valued and empowered.

boundaries


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Job vs. Life

Remember, your job is a part of your life, not its entirety. Keep your professional and personal lives distinct to ensure overall well-being. Avoid integrating work into personal time, like having work emails on your phone, unless it's absolutely necessary. This separation is crucial for mental health and enjoying a fulfilling life outside of work.

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School-Based SLPs: For Professionals Only!
Anonymous member · 1h · 🌐


I bled through my leggings today.

I'm a CF. It's my first year in the schools. I can't find time to use the bathroom. I'm constantly running around or delegating tasks to my paras. Or sitting down for hours trying to get through scheduling and contacting admin/tech for help and guidance.

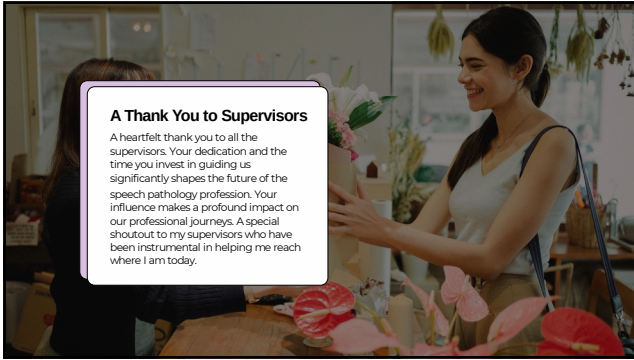
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Your Voice Matters

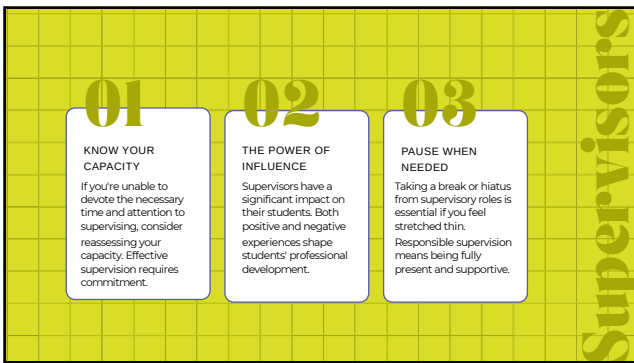
As a CF, it's crucial to express your opinions and set boundaries. You deserve respect and should never feel pressured to compromise your values.



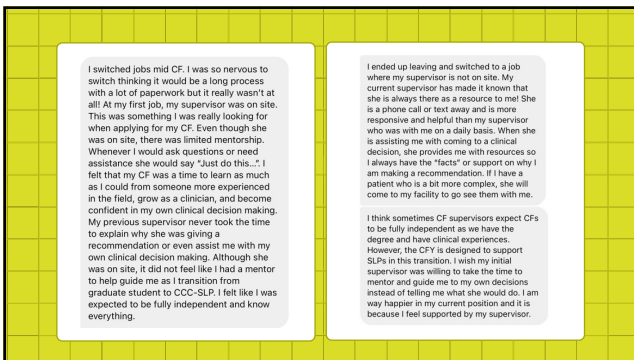
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Supervisors

WHAT ELSE COULD THE CF-SLP HAVE DONE?

WHAT ELSE COULD THE SUPERVISOR HAVE DONE?

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THE TRANSITION

WHAT I WISH I KNEW

Unpacking the must-knows for thriving as a CF-SLP: fun, practical tips and wisdom for navigating your Clinical Fellowship with confidence and joy!

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clinical fellowship

01 RESPECT IN THE WORKPLACE
Your CF is a professional commitment. You deserve the same respect as in any other job. A respectful work environment is key for growth and learning.

02 ASSERTING YOUR RIGHTS
You have the right to a healthy and supportive workplace. If respect and professionalism are lacking, it's a valid concern.

03 FREEDOM TO CHOOSE
Just like any job, if you find that your values, needs, or expectations aren't being met, you have every right to consider other opportunities.

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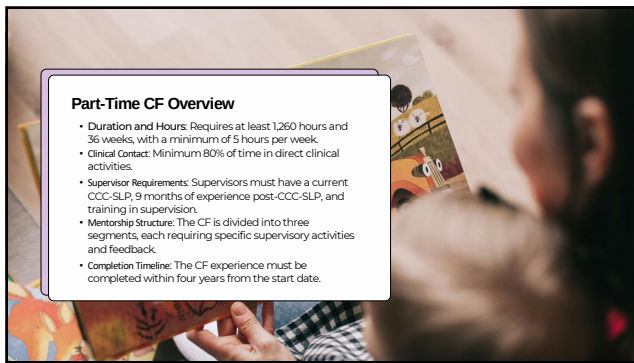
Hours

	Min Hours Per Week	Min # of Weeks	Min # of Required Hours
Full Time	35	36	1260
Part Time	5	> 36	1260

CLINICAL FELLOWSHIP HOURS

The CF requires a minimum of 1,260 hours of clinical practice, typically completed within 36 weeks of full-time work or a part-time equivalent.

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Part-Time CF Overview

- **Duration and Hours:** Requires at least 1,260 hours and 36 weeks, with a minimum of 5 hours per week.
- **Clinical Contact:** Minimum 80% of time in direct clinical activities.
- **Supervisor Requirements:** Supervisors must have a current CCC-SLP, 9 months of experience post-CCC-SLP, and training in supervision.
- **Mentorship Structure:** The CF is divided into three segments, each requiring specific supervisory activities and feedback.
- **Completion Timeline:** The CF experience must be completed within four years from the start date.

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01

ACCURATE HOUR TRACKING

Keeping precise track of your hours is crucial in a Clinical Fellowship. Accurate records ensure you're meeting all necessary requirements.

02

SUPERVISOR ACCESS

Make sure your supervisor has access to your hour logs. Regular checks and transparent communication are key to verifying your progress.

03

POWER OF DOCUMENTATION

Detailed hour logs are invaluable, especially if discrepancies arise or if external bodies like ASHA inquire. Having documented evidence can resolve conflicts and provide clarity.

Supervisors

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CF Feedback Score

As Clinical Fellows, it's essential to know that you must achieve a score of 2 or higher on all skills in the 2020 CFSI during the final segment of your CF experience. This criterion is a crucial part of your evaluation and progression.

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Guide for CF Supervisors

As supervisors, it's crucial to recognize that many Clinical Fellows come from environments where grading was a significant source of stress. This background can influence their perspective on feedback and evaluations. It's important to provide clear, constructive, and comprehensive explanations of their performance assessments.

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01 AVOID OVERSPENDING
There's no need to invest heavily in resources. You can deliver effective therapy without spending a lot of your own money.

02 REUSE AND REPEAT
Repeating activities is perfectly acceptable. It's more about how you use the resources than the quantity you have.

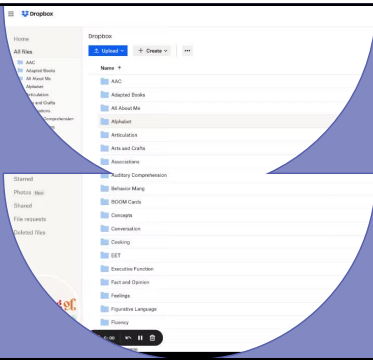
03 CHECK FOR BUDGETS
Before spending, see if there's a budget allocated for resources. Utilize available funds for necessary materials.

RESOURCES

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Save All Downloaded Resources

Keep every resource you download. These materials can be invaluable for future sessions and continuous learning.



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Build a 'Pick-Me-Up' Album

Create an album with screenshots of positive feedback, good grades, and uplifting scenery. It's a great tool for motivation and happiness.



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IT TAKES A VILLAGE

Your CF journey is supported by many. Embrace the help and encouragement from your 'village' of colleagues, mentors, and friends.

Here's some support from your village...



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WHAT WOULD HAVE MADE YOUR CF EXPERIENCE BETTER?

Being able to not be the only CF at the school

More clear ADAA information about program requirements, a more supportive staff

Having my materials that I placed in order for general meetings before my CF began

My supervisor not asking for job in the middle of it

Having administration that communicates with me

Having a supervisor that actually wanted to supervise me

More explicit instruction on what I was doing

More support

Switch "hopper" around times for a mentor

If had got classes about what ADAA they only had that classes set up in class

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ADVICE FOR CURRENT/FUTURE CF SUPERVISORS

Ask your CF what type of supervision they need

Clarify how CF will be in the same building unless you are not if at all possible, be providing the info

As a supervisor, schedule this

Explain your program, it's second nature to you but not a student

You KNOW your job - your CF doesn't. Don't make them feel bad for asking questions

Be nice to your CF! They are trying and learning and being mean doesn't help

Check in frequently cause we're sometimes afraid to ask for help or check

Be supportive!

Schedule a designated check in time/day for your CF's

Set your CF down that they can reach out with any questions about the application process

Always check in on your CF's to make sure they are successful and physically doing okay

Sit Down and have a conversation about what type of feedback and how frequently to provide

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WHAT WOULD YOU TELL A FUTURE CF?

Don't be afraid to leave if it's not working out

Take it day by day

Don't be afraid to switch settings if you don't like it

you know more than I do so it's okay to ask questions

Never be afraid that your work means more than you. You're all humans and you're all different

GO TO THE LETS GO USE and check!

Be direct about what your learning needs are to your supervisor!

Just because you're a CF doesn't mean you're any less of an SLT. Fight for what's right

Don't be afraid to go after the CF you want, even if that means switching CF's halfway

You know more than you think you do. Trust yourself!

It takes time to not feel like an "outsider". You're doing your best keep trying!

For error and great the CF you want, even if that means switching CF's halfway

Your supervisor shouldn't be afraid to ask you for help with anything, ask questions

Don't worry if your time to show up is the worst for you

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WHAT WOULD YOU TELL A FUTURE CF?

Use your resources not just CF resources. It's not just to know everything. Find your CF village.	You're not supposed to have all the answers!	Advocate for yourself in terms of professional support, writing time, supervision, and staff!	It's okay if you don't get your disease sorted! Take any given opportunity to know your subject!
Don't be afraid to ask questions!	Be kind to yourself, you'll never know it all!	You won't know everything your first day on the job and that's okay! Be gentle on yourself!	ASK QUESTIONS! And also research what the questions to answer are!
Be kind to yourself! I've got this. Every day until you believe it, it will get easier and better!	DON'T SETTLE. Just because you're new doesn't mean you don't deserve to love your job!	Use your resources not just CF resources. It's not just to know everything. Find your CF village.	You're not supposed to have all the answers!
Ask questions!! If you're still stuck after 30 days ask dumb, if it's not.	You won't be perfect... and that's okay!	Don't be afraid to ask questions!!	Be kind to yourself, you'll never know it all!

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Q+A

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