



Hi,

Well done and welcome to the ASYE academy!!

12 months ago, I was where you are right now!! You will be feeling all kinds of emotions such as, excited, nervous, overwhelmed, and scared. These are all perfectly normal feelings and everyone else you are starting this journey with will be feeling exactly the same. Your next 12 months are going to be a rollercoaster of emotions for you, but at the same time so valuable and you will make friends for life.

In the blink of an eye, you will have completed your ASYE, trust me!! I can't believe how quickly the time goes by. Enjoy and embrace every moment. I'm not going to lie, there are going to be tough days, but it does get easier, or should I say easier to manage, but you will figure this out as you go. Try to shadow as many professionals as you can in different areas of social work and don't be scared to ask questions, no matter how stupid you think they are. No question is stupid!!

Enjoy your first couple of weeks getting to know your team and finding your feet. You will be very tired after your first week as you are taking in so much information, so be kind to yourself and rest when you can.

Don't forget to look after YOU!!! You are in a position where you will be offering so much help and support to others that often you will forget to take care of yourself. Remember to take a break during the day, go for that wee that you have held in for hours, eat your lunch, make that cup of tea/coffee, and breathe!!!!

There is a brilliant podcast called "social work sorted" which will take you through each stage during your ASYE. Please listen to it, as it echoes a lot of feelings and emotions you will be experiencing and will definitely help you.

There may be days/weeks where you think, why have I chosen this career? is it really for me? I can't do this! These will pass, so take each day, but also share these feelings in supervision with your manager. They will talk it through with you and you will find you will feel much better. I know I did!!!

You will not know everything!! Nobody will ever know everything!! Every day will be a school day!!

Don't be frightened to say that you do not know the answer to things. You only know what you know!! There will be times where you will feel out of your depth, probably more so in the beginning, but you will feel like this, and again this is perfectly normally. Speak to your manager and explain how you are feeling and talk it through. I still feel out of my depth at times, and I'm a year in, so don't panic!

Finally, be proud of yourself! Go smash it!!

Good luck!!

Louise x