

# GETTING OFF TO A GOOD START

## 10 Top tips for trainees



### 01. Imposter Syndrome

It's quite natural and loads of people experience this feeling at all stages of their career. You have worked hard to get here and someone else has chosen you for the position. Trust their judgement.

Is also quite normal! Acknowledge your feelings, but learn from it and keep moving forwards. Seek support from others that are experiencing the same thing. Don't be too hard on yourself.



### 03. Past papers

### 02. Failure



Be prepared. Do lots of past papers under exam conditions, and if possible get someone else to mark them. Marking other people's papers also helps, so try swapping with other trainees.

Tutorials by The Informals, foundation lectures by CIPA, buddy schemes run by The Informals, recorded lectures and articles on EPI website, EPI Tutor consultation hour, blogs, podcasts. See below for details.



### 05. Support

### 04. Utilise resources



Seek support when you need it, from your firm, your colleagues, mentors, other trainees, or other organisations listed below if you need it.

Ensure exams don't take over your life. Use your time productively and have downtime too.

### 06. Balance



### 07. Keep a record

Keep a spreadsheet of all the cases you work on. You can look back and see how much you have done and how much you have learnt as a visual confidence boost. Save templates as a basis for future work too.

Arrive early to make it easier to start conversations with others. It gets easier with practice. Try different types of events (breakfast / lunch / evening). After meeting someone, send them a LinkedIn message so you have a record to look up if you meet them again!.

### 08. Networking



### 09. Feedback and improvement

When receiving feedback, distinguish between stylistic preferences and actual errors. It is not personal if your work comes back covered in comments, it is to be expected as you are learning.

Look at things before you think you need to in case they are more complicated. Ask for input from others early rather than just before the deadline. Don't put unnecessary pressure on yourself with overly optimistic time estimates.

### 10. Deadlines





## Support

- informalswelfare@gmail.com
- NHS and its mental health services
  - <https://www.nhs.uk/usingthe-nhs/nhs-services/mental-health-services/how-to-accessmental-health-services/>
- Mind
  - <https://www.mind.org.uk/>
- Mental Health Foundation
  - <https://www.mentalhealth.org.uk/>
- Time to Change
  - <https://www.time-to-change.org.uk/>
- Scottish Association for Mental Health
  - <https://www.samh.org.uk/>
- Your GP or practice nurse, especially if you have physical symptoms that need checking out; in a crisis call 111, 999 or go to A & E
- Your line manager, supervisor or colleague
- Human Resources
- Mental Health First Aider or Mental Health Champion
- Employee Assistance Programme, if you have one
- Hub of hope
  - <https://hubofhope.co.uk/>
- LawCare
  - <https://www.lawcare.org.uk/>
  - 0800 279 6888
- Samaritans
  - <https://www.samaritans.org/>
  - 116 123
- Calmzone
  - <https://www.thecalmzone.net/>
  - 0800585858

## Resources



- The Yellow Sheet Blog (the official blog of the Informals Committee
  - <https://yellowsheet.wordpress.com/>
- The IP Survival Guide podcast by CIPA Informals
  - Apple: <https://apple.co/4d0SayQ>
  - Spotify: <https://lnkd.in/efhWrAyD>
- Insight EPI - The podcast for patent professionals
  - <https://www.epi-learning.org/course/view.php?id=129>
- EPI Learning
  - <https://www.epi-learning.org/>
- The Informals podcast
  - <https://www.cipa.org.uk/podcasts/the-informals/>
- CIPA lecture archive
  - <https://www.cipa.org.uk/lecture-archive/>