

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.



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.



03. Past papers

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.



04. Utilise resources



05. Support

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

- informalwelfare@gmail.com
- [NHS and its mental health services](#)
- [Mind](#)
- [Mental Health Foundation](#)
- [Time to Change](#)
- [Scottish Association for Mental Health](#)
- 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](#)
- [LawCare](#)
 - 0800 279 6888
- [Samaritans](#)
 - 116 123
- [Calmzone](#)
 - 0800585858
- [IP Inclusive communities](#)
 - [IP & ME](#) – IP professionals from minority ethnic backgrounds and allies.
 - [IP Ability](#) – focuses on issues relating to disability, neurodiversity and health conditions of all kinds, as well as carers, and allies.
 - [IPause](#) – for those experiencing (peri)menopause, and people who want to support them.
 - [IP Futures](#) – for early career stage professionals in all IP-related roles.
 - [IP Out](#) – for LGBTQIA+ people and their allies.
 - [Women in IP](#) – acts for everyone who identifies as a woman within the IP professions. Also welcomes allies.
- [IP Inclusive Mental Health Hub](#)
- [Jonathan's Voice](#)

Resources



- [The Yellow Sheet Blog](#) (the official blog of the Informals Committee)
- The IP Survival Guide podcast by CIPA Informals
 - [Apple](#)
 - [Spotify](#)
- [The Informals podcast](#)
- [Two IPs in a Pod podcast](#)
- [Insight EPI](#) – The podcast for patent professionals
- [EPI Learning](#)
- [CIPA lecture archive](#)
- [IP Inclusive Resources page](#)