

## Tools for Success in the Psychiatric Technician Program

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Being a PT student can be fun and rewarding, stressful and overwhelming. You may sometimes wonder how you are going to manage your classes, clinical, work, and personal life. Here are some tips to give you some ideas on how to become a more successful Psych Tech student.

- Be Flexible
- The program may be exhausting to some. The average weekly time spent in clinical sites is about twenty-five hours (25) per week. The average weekly time spent in classroom lectures is eight to ten (10) hours. The average weekly time that should be spent on homework and reading required texts is about thirty (30) hours. The program requires at least sixty-seven (67) hours per week.
- Be clean and sober from all drugs and alcohol.
- Possess a stable level of physical and mental health, which enable the student to care for patients in the clinical setting. Ability to lift and carry up to 50 pounds which can be exceeded during periods of physical containment of patients.
- Speak, read, and write the English language fluently and proficiently at college level. Professional use of medical terminology and correct spelling are expectations during the program.
- Plan reliable transportation for class and clinical assignments. Be prepared to drive for clinical assignments. There are times when carpools will not work.
- Arrange reliable and back-up dependent care for class and clinical days. Clinical assignments may start as early as 6:30 am, could run as late as 10:00 pm, and may include weekends.
- Meet with a counselor from the San Joaquin Delta College Counseling Department to discuss your educational plan prior to applying to the program.
- Practice good self-care, stress management, and relaxation skills. A student should have the ability to effectively deal with stressful environments and possess appropriate conflict resolution skills.
- Possess ability to do measurement conversion.
- Develop strong study skills.
- Form and work in a study group.
- Attend tutoring offered by the Nursing Success Center.
- Possess good organization, time management, and priority setting skills.

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- Apply for financial aid, even before final clearances have been obtained and registration is complete.
- Continue to explore and utilize available S. J. Delta College campus support services including counseling, career center, study and tutorial skills, learning skills, library, and financial aid.
- Demonstrate strong critical thinking skills.
- Establish a strong support system.