

5 Surprising Mistakes CFs Make and How to Avoid Them

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Starting your career off right with a successful CFY

You CF is much like your first love – exciting and nerve-wracking all at the same time, filled with many firsts --- and priceless in hindsight!



Top Mistakes CFs Make



CFs often start too fast

PROBLEM:

Don't take the time to become familiar with your resources

- "Hey, Professor!" questions

Don't take the time to become familiar with how your setting works



Starting too fast?

SOLUTION:

Take the time to become familiar with your resources

- Your first 2-3 days are orientation so take the time
- Learn where assessment materials and therapy materials are
- Who are your go-to people for more information or if there is a problem
 - Hey professor questions

Take the time to become familiar with how your setting works

Who are your team members

Facility map

Organizational tree

Policy and procedure



CFs often have troubles with questions

PROBLEM:

You don't ask enough questions

You ask too many questions

You don't know what to ask



Troubles with questions?

SOLUTION:

Too many
questions

You're the
professional
now

Take time to
think for
yourself

Too few
questions

If you don't
know
something...say
so

Pay attention to
those red flag
thoughts

Don't know
what to ask

Keep a list and
learn

Stop-Think-Go



RESOURCES FOR TREATING ADULTS

CFs want to be everyone's friend! :-)

PROBLEMS:

You get snared in interoffice politics

It can result in unintended problems with boundaries

You aren't sure who your allies are and things become competitive

You don't speak up for what you want and give too much of yourself

Drama!!



Too friendly?

SOLUTIONS:

Be friendly &
maintain
boundaries

Not maintaining
boundaries and
snared in drama

be authentic

be caring

be respectful

be professional

wrtie-ups

loss of credibility

loss of respect

CF's often don't advocate for themselves

PROBLEMS:

You don't speak up for yourself and others walk all over you

You don't know how to reach out to others when you need help and friendship

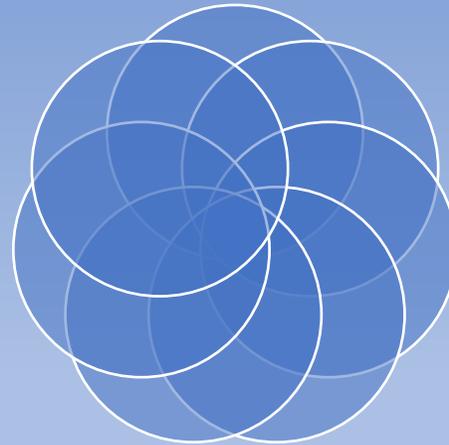
You don't make your own decisions

you don't know how to solve your own problems

You don't learn how to get information

You don't know who will support you in your journey

You don't understand your rights and responsibilities



*Self advocacy is important
so you understand you have the
knowledge to succeed and are given
the chance to participate in
decisions that are being made
about your life and your career.*



How do you build your self-advocacy muscle?

SOLUTIONS:

Plan for your future

Believe in yourself

Take care of yourself

Gain knowledge

Improve your communication skills

Find a support system

Take steps to build your confidence

CFs aren't true to their own style

PROBLEMS:

You don't "do you"

You never feel comfortable with what you are doing

You start to get overwhelmed and burned out

You feel like you are always pretending

Impostor syndrome begins to take over



Be true to you!

SOLUTIONS:

Change your thinking

- Separate feelings from fact
- Rewrite negatives
- Accentuate the positive
- Develop a new response to failure and mistakes
- Give yourself some grace

Collect your positive experiences

- Look at your education and training
- Look at your coursework
- Listen and believe what your faculty, family and friends say
- Any awards?

Visualize success

- "Success comes not to those who deserve it but to those who work hard for it."
- Work on overcoming Impostor Syndrome
- Develop contingency plans

Learn about YOU

- Take a character quiz
- Write affirmations
- Have others write affirmations



Successful CFs...





Please listen to more on *The Missing Link for SLPs* podcast where I share with you my years of in-the-trenches medical SLP stories and words of wisdom. This is a podcast dedicated to helping helping new and returning SLPs into the medical setting and making those connections between what they know and how to apply it. Together we can raise awareness and help more SLPs find and connect those missing links to help them feel confident in their patient care every step of the way.

Follow me on [Instagram](#), join the Fresh SLP community on [Facebook](#) or learn more at [FreshSLP.com](#). Let's make those connections. You got this!

