



*During my time in the training room in the last number of years I have spoken with my students about the fears that they experienced during training. Several didn't feel that they were good enough, others wondered what would happen if they couldn't keep up with everyone else, some wondered how would they get to grips with a new system when the old familiar one was gone, and just about all of them wondered how would they ever get to learn everything, there was just so much to take in. For some students they were dealing with*

*returning to the workforce and coping with a new job as well as trying to survive a four week induction course. As a trainer I always did my best to reassure them that everyone feels the same at some stage, of course they would be able to keep up and of course they would get to grips with that new system. But now I am that student and although I have completed courses since I left school I have never attended college before. All their fears have now become mine and all of a sudden I'm not so sure that everyone else feels the same. There is always a fear of the unknown along with how will I cope with college and work and family. The unknown won't be the unknown for very long as I start along the journey with my fellow students and for me I always had the pleasure of saying I told you so when my students came back to me and told me how right I was that they had overcome whatever fear they had. I'll take comfort that they did overcome their fears and know that I will get there too.*