

# Work Experience & Insight

30 minutes discussion  
10 Minutes Q&A from students

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A&E Locum Doctor



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# Webinar Objectives:

From this webinar you will:

- Understand the switch from Work Experience to Insight
- Have a list of over 250+ volunteering options
- Have a list of our top 3 online resources
- Have a list of our top 6 news, blogs and article resources
- Have a list of 9 great books to read
- Have a list of online course (free and paid)
- Be introduced to the importance of reflection (webinar to follow)

# Firstly, everyone is in the same boat!



- Everyone's work experience will likely have been cancelled
- All medical school applicants are in the same boat
- Medical schools will be fair to everyone
- It would be unfair for them to judge you on lack of "work experience"

# Switch from Work Experience to Insight...

- Just because you might not have ‘traditional’ work experience, it doesn’t mean you can’t achieve **insight**.

## You still need “Insight” into...

- Life as a medical student
- Life as a Doctor
- Life in the NHS

This needs to be TRUE insight.

Where can you find “Insight”?

# Volunteering:

- Start local - Family, friends, neighbours. (See next slide)
- Red Cross - Counts towards DofE ([www.redcross.org.uk/](http://www.redcross.org.uk/))
- London Volunteering Search (<https://www.london.gov.uk/what-we-do/volunteering/search/>)
- National Trust - (<https://www.nationaltrust.org.uk/volunteer>)
- Do-it.org - (<https://do-it.org/>)
- Help From Home - Microvolunteering - (<https://www.helpfromhome.org/>)
- V-Inspired - Can search nationwide opportunities (<https://vinspired.com/>)

# Local Self-organised Volunteering:

This is a tiny list, but hopefully it helps you generate a few ideas:

- Shopping for elderly local residents
- Gardening for local residents, help with some weeding, planting or cutting grass!
- Grow some plants and pass them to neighbours, spread some joy!
- Have a cup of tea with a neighbour. Ask how they are!
- Litter picks in local parks (safety precautions must be taken)
- Virtual reading classes for children
- Virtual teaching sessions for children
- Virtual study lessons and quizzes with friends
- Think outside the box!

*The question “What did you do during COVID-19?” could be asked at interview... make sure you have plenty to talk about!*

# Online Resources:

There are tonnes of free resources available now:

- British Medical Journal (BMJ) Podcasts and Webinars  
(<https://www.bmj.com/company/bmj-resource-centre/bmj-best-practice-resource-centre/webinars/>)
- Dr Alex George - Has a good podcast and YouTube videos -  
([https://www.youtube.com/channel/UCkq9D1zjzszGX8Q-kI\\_hFCA](https://www.youtube.com/channel/UCkq9D1zjzszGX8Q-kI_hFCA))
- Dr Hope's Sick Notes - My Favourite!  
(<https://www.youtube.com/channel/UCMtZt5KQmhCLXiQVRhlgzTg/videos>)
- Find medical students and Junior Doctors you can talk to!

# News, Blogs and Webinars:

- Medical Projects' webinars and blogs, obviously!!!
- Latest news from General Medical Council (<https://www.gmc-uk.org/news>)
- Student BMJ - (<https://www.bmj.com/student>)
- Geeky Medics - Slightly advanced but interesting! - <https://geekymedics.com/>
- British Medical Association - <https://www.bma.org.uk/news-and-opinion>
- The History of Medicine Podcast - <https://www.rcpe.ac.uk/>

# Great Books to Read:

## Our Top Three:

- **The man who mistook his wife for a hat** - several case stories by neurologist Oliver Sacks - all unique and interesting. Great if you're not a big reader as it's easy to dip in and out of.
- **War doctor** - David Nott - an exciting and eye opening read, exploring medicine in warzones.
- **When breath becomes air** - Paul Kalinithi - a moving memoir by a young neurosurgeon with terminal cancer.

# More Great Books to Read:

- Unnatural Causes by Dr Richard Shepherd
- Stiff: The Curious Lives of Human Cadavers by Mary Roach
- This is Going to Hurt by Adam Kay
- Where there is no Doctor: a Village Healthcare Handbook by David Werner
- Do No Harm by Henry Marsh
- Being Mortal by Atul Gawande

# More Traditional “Work Experience” Options:

## Free:

- Some hospitals are reviewing their work experience intake this summer. Might be a while before this is really an option again.

## Paid Courses:

- Digital Mentorship Programme <https://educationprojects.co.uk/digital-mentorship-programme/>
- Medic Insight Day <https://educationprojects.co.uk/medical-projects/medic-insight-day-course/>
- Online Medical Work Experience - Coming Soon!
- Free course with Dr Diviney!! - Student Instagram Competition :)

# Reflection is key!

You can all the work experience and insight in the world, but it's how you reflect on it that will get you into medical school...

- We will run a separate webinar on this big topic!!

# Key points:

- Reflection is key! (Webinar to follow)
- Work experience does not have to be in a hospital
- Work experience does not have to be with a Doctor
- Spend more time thinking about skills and attributes that you can develop
- Think outside the box
- Please keep up to date!

Remember to be positive!!!