

Work Experience & Insight

20 minutes discussion
25 Minutes Q&A from students

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 Medical Projects



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Webinar Objectives:

From this webinar you will:

- Understand the switch from Work Experience to Insight
- Have a comprehensive list of 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)

Lockdown continues...



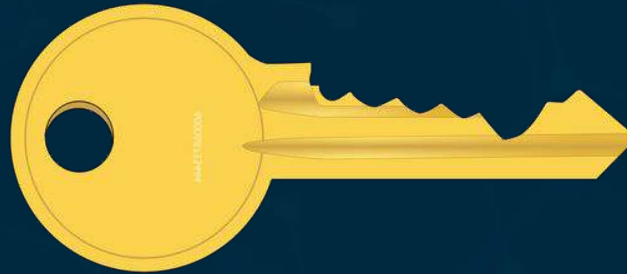
- The restrictions and pressures on medical environments are likely to continue for a long time
- Unlikely to easily gain hospital, GP or care home based experience
- Many students are likely to have had placements cancelled

You're not alone!



- Important to understand everyone is in the same boat.
- Your application won't be negatively affected.
- Universities are aware of the impact of COVID-19 on students work experience.
- Medical Schools will be fair to everyone.

Here is the key...



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/)
- 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)
- Dr Hope's Sick Notes
(<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/>

Use your time to read!

Here are 9 to start with...

- The man who mistook his wife for a hat - Oliver Sacks
- War doctor - David Nott
- When breath becomes air - Paul Kalinithi
- Unnatural Causes - Dr Richard Shepherd
- Stiff: The Curious Lives of Human Cadavers - Mary Roach
- This is Going to Hurt - Adam Kay
- Where there is no Doctor: a Village Healthcare Handbook - David Werner
- Do No Harm - Henry Marsh
- Being Mortal - Atul Gawande

More Traditional “Work Experience” Options:

Free Courses:

- Brighton & Sussex University - <https://bsmsoutreach.thinkific.com/courses/VWE>

Our Live Courses:

- GP Live - <https://educationprojects.co.uk/medical-projects/gp-live/>
- Virtual Work Experience Week - <https://educationprojects.co.uk/medical-projects/virtual-work-experience-week/>

15% off our
online courses
with code:
WEBINAR15

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...

- Reflection webinar on our YouTube Channel here:
<https://www.youtube.com/medicalprojectsofficial>

ASK LOTS OF QUESTIONS!!!

Key points:

- Reflection is key! (Go watch the past webinar!)
- 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!!!