Helping you to choose and plan your career
A Resource for MBChB students

Enabling students to achieve their potential...

...everyone’s responsibility

www.leeds.ac.uk/medicine/support
CAREERS SUPPORT THROUGHOUT THE CURRICULUM
The point at which you choose which medical specialty may seem a long way off, but developing your employability and increasing your self awareness and knowledge of the options available to you, is important, right from 1st Year. Throughout your five years there will be opportunities to consider your career, from considering what jobs might suit you, through to developing your CV and researching the many job opportunities open to you at the end of your medical training. Career Planning is delivered through a course called “IDEALS” in the early years and in later years in partnership with the deanery. The objective is to ensure you graduate with a clearer idea of your next step into foundation and beyond.

CAREERS SUPPORT FROM YOUR PERSONAL TUTOR
Your first port of call for careers support should be your personal tutor. Personal tutors can help you talk through your options, assist you with the decision making process, check your CV, discuss strategies for developing your employability / extending your network. Your personal tutor may decide to refer you for more in depth careers counselling.

ONE TO ONE CAREERS COUNSELLING
The medical school has a part time dedicated Careers Adviser, Helen Steele (h.l.steele@leeds.ac.uk) who can offer in depth one to one guidance interviews. Perhaps you feel unable to narrow down which medical specialities you are interested in, or are having doubts about whether medicine is really for you. Helen is a qualified Careers Adviser, who can help you work through these issues and formulate a career plan.

TAILORED CV SUPPORT
In addition to CV support from your personal tutor, Helen Steele can offer in depth advice on your CV, either by email or face to face. She can also advise you how to make the most of opportunities over your next 5 years at medical school, in order to develop your employability.

CAREERS INFORMATION – MEDICAL
iDecide
iDecide is a dedicated career planning tool for use during your time as an undergraduate at Leeds. It contains a wealth of careers information, including filmed interviews with medics working in a vast range of specialties. iDecide can help increase your knowledge of different career areas. Find iDecide on the VLE under “organisations, all year groups” and revisit it throughout your time at Leeds as information and new films are added on an ongoing basis.

Sci59
If you become a student member of the BMA, amongst other services, you can access a career decision making tool entitled Sci59 which can help as a starting point for narrowing down specialities you may want to explore further.

www.bma.org.uk/MedicalStudentCareers

OTHER KEY INFORMATION
Foundation - you don’t have to apply for your foundation place until 5th year, but if you want to find out more about what is expected have a look at:-
http://www.foundationprogramme.nhs.uk/pages/home

Specialty - some specialities are more competitive than others and it can be helpful to understand this early on. Most importantly the person specifications attached to individual specialities can be helpful indicators as to the type of skills you need to be developing during your time at medical school. Understanding this early on can help you decide how to spend your time, ensuring that you develop skills that make you both competitive and employable. Relevant information can be found at;
http://specialtytraining.hee.nhs.uk/specialty-recruitment/competition-ratios/

Specialty Information
The Royal Colleges, the BMJ Careers website and the NHS careers website (below) are some of the most comprehensive sources of information.

http://www.aomrc.org.uk/Royal-Colleges/

Career Planning Tools – there are many types of career planning tools available on the web. Here are just a couple that are particularly aimed at the postgraduate and undergraduate market. They can be used whatever stage you are at, are free to access and can be helpful to get you thinking.

http://medicalsuccess.net/
http://beyondclinical.thecareersgroup.co.uk/career-options/
http://www.windmillsonline.co.uk/interactive/

YOUR MSRC CAREERS REP
The student society – the MSRC, has a dedicated Careers Rep who, each year, will offer a range of activities / services related to developing your career. This could include coordinating careers related activities, organised by different societies; promoting useful careers information through the MSRC website and facebook and organising careers networking events.

CONSIDERING OTHER OPTIONS
Perhaps you are wanting to look at careers outside the world of medicine and don’t know where to start. You can either contact Helen Steele directly h.l.steele@leeds.ac.uk for advice and guidance or as an undergraduate at the University you can access support through the University of Leeds Careers Service (http://careerweb.leeds.ac.uk). In addition to face to face support, a useful starting point for considering other options is to look at www.prospects.ac.uk.

Perhaps you want to consider jobs that are aligned to medicine but aren’t necessarily clinical. The web links below are good starting points to help you explore this:-
http://beyondclinical.thecareersgroup.co.uk/career-options/
http://medicalsuccess.net/

AFTER YOU LEAVE
Any support offered through Leeds Institute of Medical Education will be available for up to 6 months after you leave and this includes Careers Guidance. To access this please email:- medstudentssupport@leeds.ac.uk

All emails received are managed confidentially by the student support team. Further information is available from our website.

www.leeds.ac.uk/medicine/support