

Department

# Graduate Entry Medicine (GEM)

## *Information Session*

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**Careers Consultant**

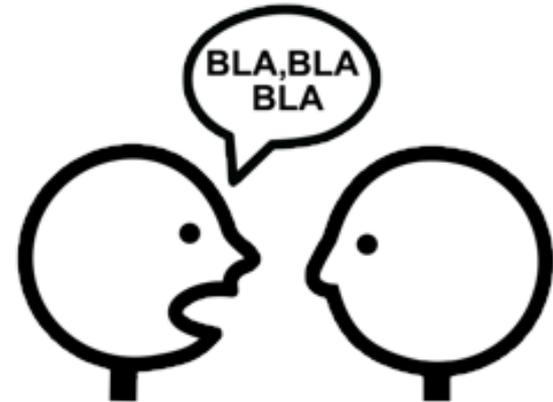


**ROYAL  
HOLLOWAY  
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OF LONDON**

# What We Will Cover...

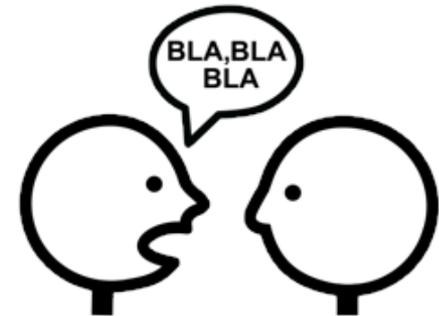
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- ✓ Overview of the admissions process
- ✓ Choosing where to apply – Be strategic
- ✓ (Virtual) Work experience
- ✓ Writing effective personal statements
- ✓ Interviews
- ✓ Further Resources & Support



# What about you?

- ✓ Who is planning to submit an application in Oct 2021 for Sept 2022 intake?



# Why study medicine?

- ✓ Practical application of science
- ✓ Opportunity to make a positive difference to other people
- ✓ Rewards (financial or personal satisfaction)
- ✓ Professional job structure
- ✓ Challenging work environment
- ✓ Academic challenge
- ✓ Enjoy responsibility
- ✓ Capable of managing risk

As well as being rewarding it is a challenging and demanding profession to follow.

These resources will help you consider the pros and cons.

- [Health Careers](#)
- [Medical Schools Council](#)

# The Application Process

- ✓ Apply through UCAS: **mid October 2021** deadline.
- ✓ You can apply to 4 Medical Schools through UCAS. All will see the same personal statement.
- ✓ Medical Schools select on the basis of:
  - ✓ **Academic Ability** (*A Levels/ Degree and almost always admissions tests: UCAT, BMAT, GAMSAT*)
  - ✓ **Application Form** - *evidences your experience, insights, reflections and motivation for a medical career*
  - ✓ **Interview** – *usually MMI – but different in 2020/21 due to Covid*



# Strategic Approach to Choosing Medical Schools

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## ***Which ones are you eligible for?***

- ✓ Some have no restrictions, some specific A levels, some require a Bioscience degree. All have admissions tests (except Cambridge). Check – <https://www.medschools.ac.uk/media/2701/msc-entry-requirements-for-uk-medical-schools-2021.pdf>

## ***What admissions test would you do best in?***

- ✓ *Research the tests and figure out which ones you will shine most in – score in the highest percentile*

## ***How do they teach and assess?***

- ✓ Different teaching styles and focus on clinical work.

## ***Does location matter?***

- ✓ *Campus or city and the implications*
- ✓ *Near family for support – both financial and emotion?*

## Which exam do you think you would do best in?

- ✓ They test different things and require different knowledge levels. *Medical schools are under no obligation to use the exam results in the same way.*
- ✓ **Practice** - Give yourself a number of attempts by doing different exams. Choose some courses that require UCAT and some that require GAMSAT / BMAT. Or if you think you will do much better in one – select those Schools that use this test.
- ✓ You may well know your UCAT scores before application but not GAMSAT or BMAT.

<https://www.medschools.ac.uk/>

# UCAT (formally known as UKCAT– University Clinical Aptitude Test

- ✓ Explores the cognitive powers and other attributes considered to be valuable for health care professionals
- ✓ No specific curriculum or science content
- ✓ No revision required BUT question practise VERY advised (see UCAT website)
- ✓ Register between May – late Sept
- ✓ Get results within 24 hours
  
- ✓ Verbal Reasoning
- ✓ Quantitative Reasoning
- ✓ Abstract Reasoning
- ✓ Decision Making
- ✓ Situational Judgment Test

- ✓ King's College London
- ✓ Newcastle
- ✓ Queen Mary, Barts and the London School of Medicine
- ✓ Sheffield
- ✓ Southampton
- ✓ Warwick

<https://www.ucat.ac.uk/ucat/ucat-2020/>  
Medify

**Section 1: Thinking Skills**

**Section 2: Scientific knowledge & Applications**

**Section 3: Writing Tasks**

<https://www.admissionstesting.org/for-test-takers/bmat/bmat-november/>

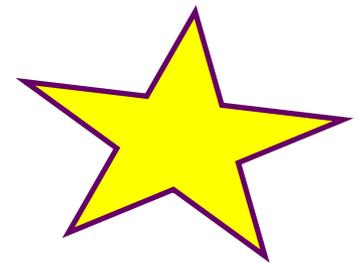


- It is designed to assess the capacity to undertake high-level intellectual studies in the medical and health professional programs.
- They typically require candidates to read and think about a passage of writing, to interpret graphical displays of information, to use mathematical relationships and to apply reasoning skills to tables of data.

## Sections:

- ✓ Reasoning in Humanities and Social Sciences
- ✓ Written Communication
- ✓ Reasoning in Biological and Physical Sciences

<https://gamsat.acer.org/>



# Work Experience

## **Type 1 – Reflective – Building insight and awareness**

- Observations/shadowing of GP's and hospital workers
- Learning about the role, skills and challenges of being a doctor
- Understand how being a doctor differs from other healthcare professionals

USE TO SHOW WHAT YOU HAVE *LEARNT*

## **Type 2 – Developing skills**

- Any kind of part time work, societies, internships, volunteering
- Developing your own transferable skills – organisation, leadership, team work, communication, empathy, problem solving...

USE AS *EVIDENCE*

## Dundee

*The main aim of work experience is to **gain insight** into health and healthcare delivery and to allow candidates to make an **informed choice** before deciding to apply to study medicine.*

## Swansea

*Emphasis on **quality of reflection** and what has been **learnt rather than amount of experience**. Explored at interview.*

## Newcastle

*Emphasis on applicants being able to **show a commitment to caring**, which can be accomplished in a number of ways other than in a hospital or general practice setting, for example by volunteering in an elderly care home, hospice, nursery or helping someone less fortunate.*

## Nottingham

*Applicants are expected to obtain some relevant work experience in a caring role that involves people who are unwell, disabled and/or disadvantaged. The experience does not need to be gained in a hospital setting and can be voluntary/paid and part or full-time. Although it is useful to have shadowed doctors, this is not essential, as a **great deal can be learnt about the role by talking to doctors and other members of the multidisciplinary team.***

## Kings

*We would normally expect that applicants will have undertaken some voluntary work experience in a caring/health environment and/or observation in a medical clinical setting. It is important for applicants to have a **realistic appreciation of what a career as a health professional involves.***

# Gaining Useful Experiences and Insights in Current Context

*They want to see that you understand what a career in medicine involves. Work experience, and other related experiences, are only as valuable as the way you talk about them.*

## What type of experience do you need?

The Medical Schools Council's guidance on work experience sets out what medical schools are looking for in terms of relevant experience to support an application to medical school. Work experience is any activity or life experience that helps you to prepare for medical school.

This means any activity that allows you to demonstrate that you have:

- Had people-focused experience of providing a service, care, support or help to others, and that you understand the realities of working in a caring profession
- Developed some of the values, attitudes and behaviours essential to being a doctor such as conscientiousness, effective communication and the ability to interact with a wide variety of people. The values that medical schools are looking for are set out in the [NHS Constitution](#) and explained in MSC guidance on the [Core values and attributes needed to study medicine](#)
- A realistic understanding of medicine and in particular the physical, organisational and emotional demands of a medical career

<https://www.medschools.ac.uk/media/2717/a-guide-for-gaining-relevant-experience-during-the-pandemic.pdf>

# What Can You Do Remotely to Build Up Your Work Experience Now

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- ✓ **Keep a reflective diary on what is happening in the news and online on health and medical matters**
  - ✓ Guardian Science page & The Telegraph's Health page
  - ✓ BBC's "Inside Science" Podcast
  - ✓ Inside Pathology podcast
  - ✓ Gresham College Lecture Series – Major Debates in Public Health
  - ✓ The British Medical Journal's open access information
  - ✓ TED talks – useful background information on health topics
  - ✓ Twitter – Science or Health related content, plus follow experienced NHS Consultants
- ✓ **Free online resources available**
  - ✓ Brighton and Sussex Medical School virtual work experience course explores several different medical specialities
  - ✓ RCGP created an interactive platform called Observe GP which highlights the many different aspects of working in primary care
  - ✓ The Kings Fund – The NHS Explained
  - ✓ RHUL Careers in Healthcare webpage
- ✓ **Volunteer - RHUL Volunteering Platform & Do-it.org**
- ✓ **Reach out to current medical students** – Use LinkedIn Alumni Search function and put in "NHS Doctor"

# Personal Statements

- ✓ *When and why did you first become interested in pursuing a career in medicine?*
- ✓ *How can you convince us of your commitment? (Mainly talking about work experience, your insights into the profession and possibly your dissertation?)*
- ✓ *What skills and strengths do you possess that will help you to be effective as a doctor?*
- ✓ *How will you meet the challenges of being a doctor in the NHS?*

*Ensure it is unique to a doctor – not another healthcare professional*

<https://www.medicinanswered.com/how-to-write-a-graduate-medicine-personal-statement>

Anatomy of a Personal Statement

## **Alarm Bells**

- ✓ Psychological vulnerability (inability to handle stress appropriately)
- ✓ Getting emphasis wrong – too much on science, too much on helping people
- ✓ Low levels of empathy/emotional over involvement
- ✓ Extreme ethical orientation
- ✓ Extreme conscientiousness/lack of organisational skills

## **Avoid Mentioning**

- ✓ Medical relatives
- ✓ Status
- ✓ Doctor hero worship
- ✓ Wanting to cure people
- ✓ Money
- ✓ Cure diseases
- ✓ Didn't get good enough A levels

# Personal Statement – Examples – What do you think?

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## **Example 1**

*“As I float heavily on the wings of a dove, I soar high before a fall.”* This quote from Dan Outwell sums up my desire to study medicine. I am applying for Medicine because I have always found science subjects very interesting and I want to study these to a high level”

## **Example 2**

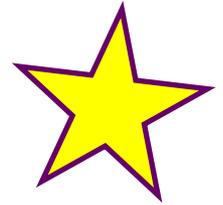
“Visiting my grandfather in hospital when he was ill made me more aware of what medical staff do and more determined to achieve my ambition of joining this great and worshipful profession. I first became interested in becoming a doctor through watching medical dramas like Holby City and Casualty. Later I joined the St John’s Ambulance (junior division) and learned basic First Aid.”

# Personal Statement – Example – What do you think?

## **Example 3**

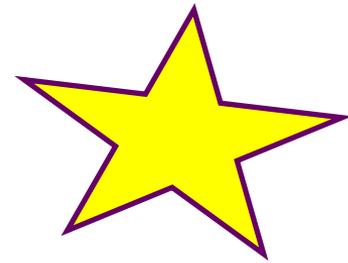
“...I became interested in medicine through visiting my grandfather in hospital, following a knee replacement after osteoarthritis was diagnosed. I studied the disease and the surgical procedures on the internet and then observed how his treatment and after-care progressed. My grandfather’s quality of life has improved dramatically since his operation. Having gained some understanding of what doctors and other medical staff do, I felt that I wanted to be part of this profession and make a similar impact and contribution .

In 2017, I joined the St John’s Ambulance. I have applied basic first aid on several occasions, helping colleagues to treat people with heatstroke and sunburn at a sporting event and attending to a fellow student who twisted her ankle at the gym. I enjoyed the challenge of balancing the provision of treatment, with both trying to assess what course of action to take and with the need to concentrate on communication and empathy with the patients.”



*Link to reflections from  
online work  
experience/shadowing/talk  
ing to doctors/medical  
students  
Realistic picture of  
profession*

- ✓ *Gather references from all work experiences and send to your tutor....*
- ✓ *Makes it much easier to write a powerful and accurate reference....*
- ✓ Medify UK -- How to Get a Strong UCAS Reference for Medicine



# Interviews

- ✓ Usually MMI (Multiple Mini Interview) – pros and cons
- ✓ Thought process important and rationale – not necessarily a “right” answer
- ✓ Check Medical School website and information given (Barts ran a interview prep webinar in advance)
- ✓ Use LinkedIn to make contact with medical students via the Alumni tool
- ✓ Book a Practice Interview with a Careers Consultant
- ✓ Record yourself answering questions
  
- ✓ This year a different approach
  - ✓ Barts 20-minute online interview (included discussion of a health article – previous reading comes in handy!)
  - ✓ St Georges – submission of recorded answers to questions
  - ✓ Examples of hot topics including Covid 19

# Hot Topics – what can you think of?

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Covid 19 – and all it's implications

Vaccinations

Euthanasia & Assisted Dying

BAME & the NHS

Mental Health

The Francis Report

AI in Medicine

HIV & PrEP

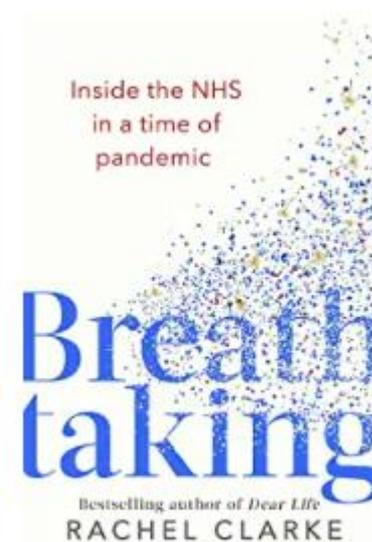
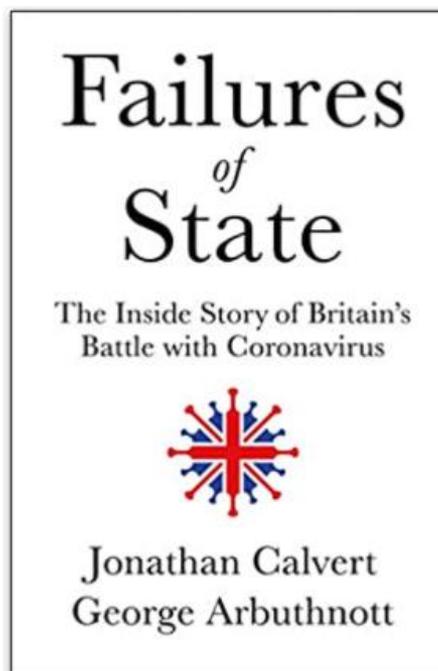
Brexit & the NHS

Antibiotic Usage

Ethics

Confidentiality

Obesity/Anorexia



- Why do you want to be a doctor?
- What insights did you gain from your work experience?
- Why do you want to study here?
- What do you know about the area? What kind of population is here? What problems would they bring?
- What is your view on (recent news article on the health service)?
- How do you cope with stress?
- Why do you want to be a doctor and not a nurse?
- *“Give an example where listening had an effect on your life.”*
- **Respond to a scenario:** e.g., “A senior (feared but respected) consultant makes fun during a ward round of a student's presentation of a condition, and also their accent. What would be the effects of the consultant's actions on the people involved and what would you have done if you witnessed the situation?”
- ***Remember – they are looking for your attitude and approach, not that you know everything already.***

# Session with Prof Sharma - Consultant Neurologist

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Thursday 10<sup>th</sup> June 2021

11-12noon

Consultant Neurologist – Prof Pankaj Sharma



Details to follow from Walter and will be on the Careers Portal

**Professor of Neurology**

Royal Holloway, University of London

**Consultant Neurologist**

Imperial College London NHS Trust

# Useful Resources...

## ✓ Essential Resources

<http://www.medschools.ac.uk> - GEM schools, courses, admission tests & number of places

<https://www.medschools.ac.uk/media/2701/msc-entry-requirements-for-uk-medical-schools-2021.pdf> – GEM Entry requirements

## ✓ Developing Skills

<https://www.themedicportal.com/application-guide/deciding-on-medicine/>

## ✓ Personal Statements

[http://www.thestudentroom.co.uk/wiki/Category:Medicine\\_Personal\\_Statements](http://www.thestudentroom.co.uk/wiki/Category:Medicine_Personal_Statements)

<https://www.medicineanswered.com/how-to-write-a-graduate-medicine-personal-statement>

[How to write a personal statement for medicine | Personal statements | The Guardian](#)

## ✓ Teaching Style

<https://www.bma.org.uk/advice/career/studying-medicine/becoming-a-doctor/course-types>

[Applying for medicine? Get ready for the new-style interview | Medicine | The Guardian](#)

[MMI Questions: Practice and Preparation | Multiple Mini Interview](#)

Medical School Interviews (2nd Edition). Over 150 Questions Analysed. Includes Multiple-Mini-Interviews (MMI) - A Practical Guide to Help You Get That Place at Medical School.: Amazon.co.uk: Olivier Picard, George Lee, Olivier Picard: 0884877475730: Books

Your Life In My Hands - a Junior Doctor's Story: From the Sunday Times bestselling author of Dear Life: Amazon.co.uk: Clarke, Rachel: 9781789463651: Books

Breathtaking: Inside the NHS in a Time of Pandemic: Amazon.co.uk: Clarke, Rachel: Books

Trust Me, I'm a (Junior) Doctor eBook: Pemberton, Max: Amazon.co.uk: Books

- ✓ NHS Business Services Authority: Student Services
- ✓ UK Government: NHS bursaries
- ✓ Queen Mary's University: Funding - funding overview leaflet
- ✓ Royal Medical Benevolent Fund
- ✓ British Medical Association - student funding guide
- ✓ Turn2Us - grant search
- ✓ <https://www.nhsbsa.nhs.uk/nhs-bursary-students/medical-and-dental-students>
- ✓ [www.mbf.org](http://www.mbf.org)
- ✓ [www.ox.ac.uk](http://www.ox.ac.uk)



- **Careers and Employability Service is open all throughout the summer**
- We offer: 1:1 Careers Appointments, CV/Application Checks, Practice Interviews and more
- Also lots of career resources on Moodle and recorded webinars



Questions – use chat box or unmute yourself

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