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# National Health Careers Conference 2019! #NHCC19

We are delighted to welcome you to the National Health Careers Conference 2019 in association with Becoming a Doctor and supported by NHS England and NHS Improvement.

This year's programme offers even more exciting speakers, workshops, clinical skills and of course the new #HealthCareersLive Keynote Stage!

Take time to read through the conference guide and mark any sessions of interest. Don't forget to ask questions and reach out to the speakers, organisations and volunteers present here today. We are all here to help answer your questions (there are no silly questions!) and support you on your journey to a career in a healthcare.

Entry to workshop sessions and conference activities is on a first come first serve basis. If you have any queries the conference team would be pleased to be of assistance.

This year we also have the new mentoring and networking zone where you can meet healthcare students and professionals, ask them about their careers and top tips for applications.

We hope you have a great day of learning and lots of fun. Please keep this conference guide it may come handy in the coming months and don't forget to connect with us on social media and share your experiences!

## National Health Careers Conference Team #NHCC19

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[@HealthCareersCo](https://twitter.com/HealthCareersCo)

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## Becoming a Doctor Team #BAD19

[www.becomingadr.org](http://www.becomingadr.org)

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## About Us

We are a team of volunteer healthcare professionals, advisors and students determined to widen access and deliver outreach activities, working with organisations including schools, colleges, charities, universities, hospitals, local authorities, regulators and royal colleges.

We believe anyone interested in pursuing a career in medicine and allied health professions should have the opportunity to do so, irrespective of factors such as socio-economic background.

The team organise the UK's leading programme for aspiring medics and health professionals, talks, workshops and masterclasses to support prospective and current healthcare students. We are proud to work with a number of key organisations including NHS England and NHS Improvement, Health Education England, General Medical Council, National School of Healthcare Science, General Dental Council, British Medical Journal, British Veterinary Association, Royal Colleges and several Universities.

We are interested to work with a range of organisations to deliver volunteer-led talks so please feel free to forward our contact details to anyone interested. In particular we would like to reach students from non-traditional backgrounds and those that are under-represented in Medicine and health professions.

**Website:** [www.becomingadr.org](http://www.becomingadr.org)

**E-mail:** [info@becomingadr.org](mailto:info@becomingadr.org)

**Social Media:** [@BecomingaDr](https://www.instagram.com/BecomingaDr)



**Please feel free to get in touch, we would be delighted to support you on your journey.**

**Best wishes,  
Becoming A Doctor Team  
& National Health Careers Conference**

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# @BecomingaDr Widening Participation and Outreach Programme

We here at 'Becoming a Doctor' are passionate about providing up to date resources for each and every student from all backgrounds to ensure they are best prepared for their medical school applications. By running interactive workshops, we are able to provide direct help to students and ensure they are as prepared as possible to gain a place at the medical school of their choosing.

## Examples of workshops we run include:

- Applying to Medicine
- Becoming A Doctor Clinical Skills
- Preparing for the UCAT (Formerly UKCAT)
- Preparing for the BMAT
- How to make the most of your work experience
- Learning to develop reflective skills
- Personal statement writing help
- Mock MMI and Panel Interview
- Applying to Medicine as a Graduate



We run an extensive outreach programme that can be adapted to meet individual group requirements at any time during the school day, lunchtime, after school or on weekends. Local schools are encouraged to collaborate to hold a session to engage as many students as possible.

Recently we have also launched a mentoring scheme, where applicants are matched with a mentor best suited to their needs to offer help and advice throughout the process via email and eventually through an online forum. Students will also be able to interact with each other and form an online community that is able to offer support throughout the application process.

**Would you like us to visit your school, college, charity, or hospital? Get in touch with the team!**

**E-mail: [outreach@becomingadr.org](mailto:outreach@becomingadr.org)**

# Writing Your Personal Statement

Personal Statements form an important part of your application to any course. This is particularly important when there are no interviews offered as this is the only personalised part of your application. If you're applying to medical and dental school, most admission teams will ask questions based on your statement if invited for an interview.

Your personal statement is your opportunity to sell yourself. Many people can find this style of writing difficult. Use it as a tool to showcase your skills and your reflections on what you have learnt during your relevant work experiences. It is not necessarily what you have done, but what you have learned from those experiences and how that has changed your viewpoints going forward.

## Top 5 Tips – Writing Your Personal Statement

- 1.** Keep it balanced. Remember to include sections on your desire to study the course, suitability for the course, reflective accounts of your work experience, volunteering and extra-curricular activities.
- 2.** Be reflective. This takes practice and some consider it an art. It is easy to be descriptive about experiences but what did you learn from your observations? Learn how to reflect by reading our dedicated section 'Reflecting on your journey'.
- 3.** Never lie. Core attributes of a health professional include honesty and professionalism, it is not worth telling a lie on your statement. You will be asked questions on your personal statements and universities can make further enquiries based on your application. Universities are not expecting you to be super human! Be transparent about your experiences, don't forget they are unique to your own journey!
- 4.** Start early. Develop your personal statement over a period of time. An ideal starting point is after your Year 12 exams during the Summer Holiday.
- 5.** Ask for feedback. Show your statement to mentors, school teachers and advisors. It is always good to have your statement peer reviewed and their views can enhance the quality of your statement.

# Volunteering

Volunteering is a vital part of your application to medical school and an area that demonstrates your commitment to the profession. Volunteering is a great way to develop skills and learn more about Medicine, Health and Social Care.

Volunteering placements are much easier to find than work experience ones and you can make a real impact for staff and patients.

## Where can I volunteer?

- Hospital Wards
- Hospital Café
- Hospital Tea Trolley Service
- Care Homes
- Befriending Schemes
- After-School Clubs
- St. John's Ambulance
- Community organisations

These are just some of the places where you can volunteer. You can often contact local volunteering centres and enquire about opportunities. It is advisable that you volunteer regularly over a long- term placement for at least 6 months.

For example, starting after your GCSEs and carrying on until Year 13 would provide you with great exposure and help you make an informed decision regarding applying for your chosen health career.

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# Work Experience

We know how difficult it can be to organise work experience. There are articles and links on our blog ([www.becomingadr.org](http://www.becomingadr.org)) with further advice on this topic.

## Where can I undertake work experience?

- Hospitals
- GP Surgeries
- Health Centres
- Pharmacies
- Dental Practices
- Health and social care environment

Get in touch with your local hospital and contact any healthcare professionals you might know. You do not need to shadow a Doctor, in fact, it would be useful to shadow any member of the Multidisciplinary team to learn about Healthcare and the varied roles that contribute to patient care.

You can also undertake work experience in other places such as Schools – this shows that you have been proactive and although not strictly medical it allows you to gain experience in the public sector.

Having a job during your time in school or sixth form allows you to develop important skills such as communication, customer service, conflict resolution and time management. These are all valuable when applying to medical school and in the future as a healthcare professional.

Would you like to download our work experience template? – you can use this to email GP Practices, Hospitals and Healthcare professionals to request work experience. **E-mail us for a free copy – [info@becomingadr.org](mailto:info@becomingadr.org)**

**Do you need help organising work experience in your area?  
Contact us and we will try our best to put you in touch with the right person in our network. [outreach@becomingadr.org](mailto:outreach@becomingadr.org)**

## Reflecting on Your Journey

We can't emphasise enough just how beneficial it is to reflect on your experiences while writing your personal statements and at interviews. We are usually very good at being descriptive but it can be challenging to learn to be reflective. When talking about work experience it is important to describe what you have done but at the same time you should be able to reflect on this and demonstrate any salient learning points. You may also want to talk about how your perceptions have changed.

Reflection focuses more on:

- What have you learned from your experience?
- How did this experience shape your beliefs?
- Is there anything you would do differently next time?
- Take into account different viewpoints

### Here is an example of reflective writing:

"I volunteered as part of the tea trolley service at my local hospital, it was a great opportunity to meet patients and staff in a healthcare environment. I was able to learn how each member of staff contributes to the overall care of a patient as part of the Multidisciplinary team. My long-term placement involved a high level of interaction which enabled me to appreciate the importance of patient-centred care and the value of good communication and teamwork".

### How can you reflect?

- Keeping a diary and writing down thoughts related to healthcare
- Keeping a log during work experience and voluntary placements
- Discussing your experiences with peers, mentors and supervisors
- Learning from the reflections of others
- Asking for feedback

## Exhibitors

Bayer

Becoming A Doctor

British Veterinary Ethnicity and Diversity Society

Cambridge University

Cardiff University

Dentistry Pathways

Explosive Group

General Medical Council

Getting Into Med

National Health Careers Conference

National School of Healthcare Science

NHS England & NHS Improvement

Royal College of Radiologists

Royal College of Surgeons

The Innovation Agency

University of Leeds Restart A Heart Team

## Mentoring & Networking Zone

The Mentoring and Networking Zone is your chance to meet healthcare students and professionals who have come here today to share their experiences with you. Ask them any question you'd like about their journey, their role and why they chose to do what they do. It's also a great opportunity to get tips for your applications and network. If you're struggling for work experience, you might even find someone who can help or point you in the right direction!

# #HEALTHCAREERSLIVE

## Keynote Stage

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
10:00	00:30	#HealthCareersLive Showreel	-	-
10:30	00:10	Introduction to the National Health Careers Conference...What is happening today?	Conference Team	Becoming a Doctor and National Health Careers Conference
10:45	00:20	Working together to inspire future healthcare leaders - reflections on my career in the NHS	Professor Chris Brookes	Salford Royal NHS Foundation Trust and Northern Care Alliance NHS Group
11:10	00:10	A career in Medicine	Chris Lawlor	General Medical Council
11:25	00:10	A career in Dentistry	Colin MacKenzie	General Dental Council
11:40	00:10	A career in Primary Care	Dr Raj Patel	NHS England
11:55	00:45	The Future of Healthcare	Professor Shafi Ahmed	The Royal London Hospital, Barts Health NHS Trust
12:40	00:30	<b>LUNCH</b> Don't forget to see the Exhibitors!		-
13:10	00:10	Patient Keynote	Matt Eagles	Havas Lynx
13:25	00:20	Panel - Medical Students and Junior Doctors	NHCC Team and chaired by Anna Harvey (BMJ Student)	British Medical Journal (BMJ Student) and Becoming a Doctor Team
13:50	00:10	A Career in Pharmacy	Professor Ellen Schafheutle	University of Manchester
14:05	00:15	Faces of the NHS	Alexandra Adams	Faces of the NHS
14:25	00:10	A career in Nursing	Henrietta Mbeah-Bankas	Health Education England

# #HEALTHCAREERSLIVE

## Keynote Stage

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
14:40	00:10	A career in Physiotherapy	Laura Proctor	Chartered Society of Physiotherapy and Improvement Academy
14:55	00:10	Becoming a Vet	Dr Daniella Dos Santos	British Veterinary Association
15:10	00:20	Innovation in Healthcare	Dr Liz Mear	Innovation Agency - Academic Health Science Network for the North West Coast
15:35	00:20	Panel - Non-clinical roles in healthcare	Gareth Jones and Caroline Kenyon	Manchester University NHS Foundation Trust and Innovation Agency
16:00	00:20	Working together - Delivering care through a multiprofessional workforce	Dr Kate Burnett and Mr Wayne Kirkham	Health Education England and NHS England
16:25	00:10	What is Public health?	Dr Paula Whittaker	University of Manchester
16:40	00:20	Panel - Interprofessional - Healthcare professionals from various disciplines	Representatives	National Health Careers Conference Ambassadors
17:05	00:20	Key Tips on going forward with your application and choices	Conference Team	Becoming a Doctor and National Health Careers Conference

## The Interactive Hub #NHCC19

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
11:00	2 hours	Extracting Your Own DNA - a 2 hour workshop for students	Emma Schierbaum	Bayer
13:10	00:45	HealthHack - creative problem solving for tomorrow's health professionals	Maarja-Liis Ferry	National Health Careers Conference Team
14:00	2 hours	Extracting Your Own DNA - a 2 hour workshop for students	Emma Schierbaum	Bayer

# Workshop Hub 1 #BAD19

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
11:30	00:30	Becoming a Doctor	Team	Becoming a Doctor
12:10	00:50	Developing your wellbeing as a professional	Dr Jayne Garner	Medical School, Edge Hill University
13:10	00:45	How do you become ethically aware?	Ed Horowicz	Medical School, Edge Hill University
14:05	00:30	1). Medical & Dental Personal Statement Tips 2). Why Dentistry and the Application Process	Team	Getting Into Med
14:45	00:45	Preparing for the BMAT	Dr David Harrison	University College London
15:40	00:30	A dedicated Teacher and Parent Q&A session	Team	Becoming a Doctor
16:20	00:45	Demystifying Oxbridge Interviews	Sophie Trotter and Claire McComas	Cambridge Medical School ClinSoc

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## Workshop Hub 2 #BAD19

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
11:30	00:20	Reflection Skills for Interviews	Team	Becoming a Doctor
11:55	00:30	Life as a Dentist	Natalie Watson and Dr Ammar Hamid	General Dental Council
12:15	00:30	Which Medical School course structure is right for you?	Sally Lawrence	Lancaster University Widening Participation
12:55	00:30	Aspiring Medical Students	Chris Lawlor	General Medical Council
13:35	00:30	Situational Judgement Test for Medical Students	Chris Lawlor	General Medical Council
14:15	00:45	Get hands on with a dentistry practical!	Team	Dentistry Pathways
15:10	00:30	Multiple Mini Interview Circuit	Matt Maden and Team	Manchester Outreach Medics (MOMS)
15:50	00:30	Multiple Mini Interview Circuit	Matt Maden and Team	Manchester Outreach Medics (MOMS)

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## Workshop Hub 3

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
11:30	00:30	Becoming a Physician Associate	Sara Amin-Nejad	Five Oaks Family Practice
12:10	00:45	Becoming a Healthcare Scientist	Team	National School of Healthcare Science
13:05	00:30	MMI Simulation - Medics and Dentists Interactive Interview session	Team	Getting Into Med
13:40	00:30	Medicine isn't just science...understanding ethics	Sally Lawrence	Lancaster University Widening Participation
14:15	00:30	Applying as a Graduate / Mature Student	Gursh Hayer	Becoming A Doctor Team
14:50	00:30	Becoming a Nurse	Henrietta Mbeah-Bankas	Health Education England
15:30	00:40	Becoming a Physiotherapist	Laura Proctor & Sarah Bates	Chartered Society of Physiotherapists
16:20	00:30	Becoming a Pharmacist	Bhavik Ruparelia & Prof Ellen Schafheutle	National Health Careers Conference Team & University of Manchester

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# Workshop Hub 4

TIME	DURATION	SESSION TITLE	SPEAKER	ORGANISATION
11:00	01:00	Becoming a Radiologist	Representatives	Royal College of Radiologists
12:10	00:45	Do you want to be a GP?	Dr Nina Dutta	Imperial College London
13:00	00:30	Studying Medicine with a disability	Abbie Tutt	Becoming a Doctor Team
14:10	00:40	Becoming a Nurse (Nursing in 21 <sup>st</sup> Century)	Henrietta Mbeah-Bankas	Health Education England
15:00	00:30	Mental Health Nursing... and me!	Sam Thompson	Oxford Health NHS Foundation Trust
15:40	00:30	A Career in Psychiatry	Prof JS Bamrah CBE	Greater Manchester Mental Health NHS Foundation Trust
16:30	00:30	Studying medical sciences	Representatives	Birmingham University Widening Access to Medical Sciences

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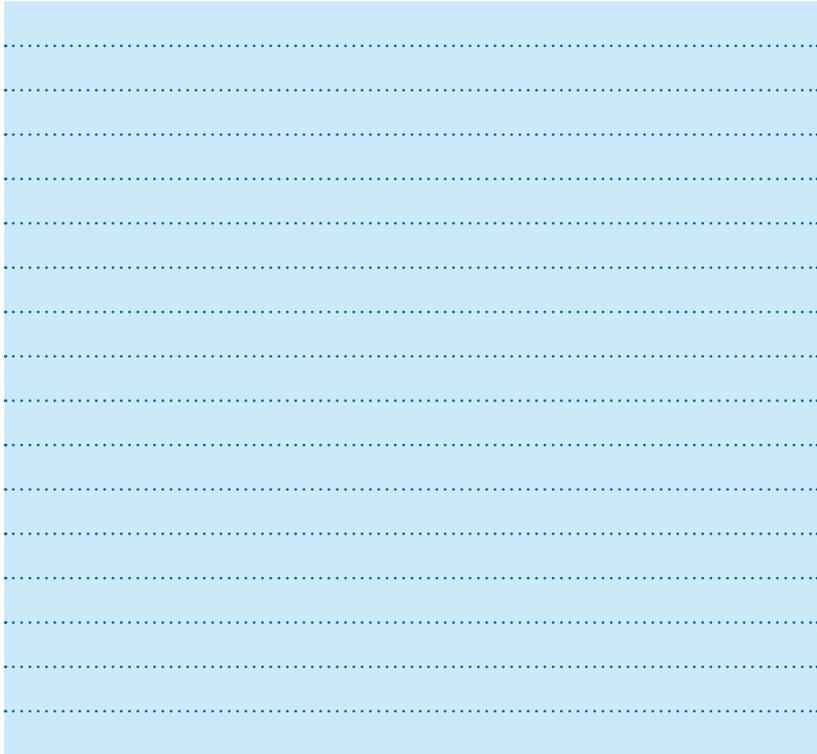
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