Self Awareness and Specialty/Career Choice

Key Online Resources for Medical Students and Foundation Doctors
Self Awareness Resources - A selection of online tools

NOTE: These will not give you a definitive answer as to which career will suit you best, only you can make this decision. You can use the tools below to form part of your career thinking. Reflect on the outcomes, are there any surprises? Do you agree or disagree with some of the results? Think about why this might be the case. Use them to help you build a profile of your own strengths and areas for development.

- **NHS Health Careers Website**
  This is a huge resource for anyone with an interest in working within the NHS. In the medical student section you can register free online to start building your personal profile, using self-assessment exercises and detailed information about what options are available. This comprehensive website will take you through the four stages of career planning.
  www.healthcareers.nhs.uk

- **Sci59Online**
  An Open University resource to help medical students see how their skills, attitudes, preferences and aspirations map against specialties. Access is available via username and password only. Student members of the BMA can access it via;
  www.bma.org.uk/advice/career/applying-for-training/psychometric-test

- **Profiling for Success**
  A range of useful tools including a learning styles indicator looking at your most production working environments and the people with which you work best. Available through the Careers Service website.
  www.careers.manchester.ac.uk/applicationsinterviews/psychometric/taketheassessment/

- **University of Virginia Medical Specialty Aptitude Test**
  A free specialty aptitude test giving an indication of the specialties you may be suited to based on answers to a series of quick questions. (US based).
  www.med-ed.virginia.edu/specialties/TestStructure.cfm

- **Myers-Briggs Personality Type**
  A famous and well-recognised test which help you establish your personality ‘type’.
  www.personalitypathways.com
  A more light-hearted version of the test that gives you an animal type can be found through iCould http://icould.com/buzz/

- **Personalitytype.com**
  Suggests some career ideas based on your answers to the above Myers-Briggs Personality Type.
  www.personalitytype.com

- **Keirsey Temperament Sorter**
  This test produces a four part personality type along the lines of Myers-Briggs.
  http://keirsey.com

- **Enneagram Test**
  Another interesting personality test that ‘measures’ your personality traits against nine types.
  www.9types.com
Specialty/Career Choice – Finding out more

| S – Surroundings | Research the nature of the work and training involved in some depth, in order to have a clear picture of what the work entails, the likely satisfaction it brings, the range of skills that might be important, the special qualifications needed, and the career prospects and pathways. |
| P – Prospects |
| E – Entry and training |
| E – Effects on your lifestyle |
| D – Descriptions of the work |
| C – Conditions |
| O – Organisation |
| P – People |

Key careers support

- Health Careers Website  [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk)
- NW Deanery  [www.nwpgmd.nhs.uk/careers_advice/advice_and_guidance](http://www.nwpgmd.nhs.uk/careers_advice/advice_and_guidance)
- Careers Service  [www.manchester.ac.uk/careers](http://www.manchester.ac.uk/careers)
- General Medical Council  [www.gmc-uk.org](http://www.gmc-uk.org)
- Post Graduate Education and Training  [www.gmc-uk.org/education/postgraduate.asp](http://www.gmc-uk.org/education/postgraduate.asp)
- British Medical Association  [www.bma.org.uk](http://www.bma.org.uk)
- Royal Colleges
- BMJCareers  [http://careers.bmj.com/careers](http://careers.bmj.com/careers)
- The Lancet  [www.thelancet.com](http://www.thelancet.com)
- Doctors.net  [www.doctors.net.uk](http://www.doctors.net.uk)
- Medical Forum  [www.medicalforum.com](http://www.medicalforum.com)
- BMA advice services  [www.bma.org.uk/advice](http://www.bma.org.uk/advice)

There is lots of conflicting information out there so to get you started, here are some reliable sources of information:

**NHS Health Careers Website**
Free medical careers support materials and resources plus comprehensive specialty overviews for medical students and doctors in training
[www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk)

**Health Education England**
Details of specialty training pathways in England.
[http://specialtytraining.hee.nhs.uk/](http://specialtytraining.hee.nhs.uk/)

**North Western Deanery**
Medical specialties explained including lifestyle profiles of those in practice, competition ratios by specialty and important contact details for individuals working in various specialties in the North West.
[www.nwpgmd.nhs.uk/careers_advice/advice_and_guidance](http://www.nwpgmd.nhs.uk/careers_advice/advice_and_guidance)
Sci59 Online
A resource developed by the Open University to help medical students and doctors in training see how their skills, attitudes preferences and aspirations map against specialties.

Student members of the BMA can access Sci59 via the BMA website. Access is available through BMA username and password only. [www.bma.org.uk/advice/career/applying-for-training/psychometric-test](http://www.bma.org.uk/advice/career/applying-for-training/psychometric-test)

TARGETjobs Medicine
Up to date information on medical career pathways including key skills and attributes required for each specialty. Also includes profiles of recent graduates now working in medicine and healthcare.
[https://targetjobs.co.uk/career-sectors/healthcare/416672-your-career-options-in-medicine-specialisms](https://targetjobs.co.uk/career-sectors/healthcare/416672-your-career-options-in-medicine-specialisms)

ROADS to success
A practical approach to career management for medical students, junior doctors, and their supervisors. Works through examples of exercises on the Medical Careers Website.

The Foundation Programme Application
Details of the person specifications used for short listing applicants to foundation programmes and also resources to help you plan your future career.
[www.foundationprogramme.nhs.uk/pages/home](http://www.foundationprogramme.nhs.uk/pages/home)

Improving Selection to Foundation Programme
Keep up to date with the latest developments
[www.isfp.org.uk/Pages/default.aspx](http://www.isfp.org.uk/Pages/default.aspx)

Situational Judgement Tests and Case Study Examples
[www.assessmentday.co.uk/situational-judgement-test.htm](http://www.assessmentday.co.uk/situational-judgement-test.htm)

Academic Medicine
[www.foundationprogramme.nhs.uk/pages/academic-programmes](http://www.foundationprogramme.nhs.uk/pages/academic-programmes)

British Medical Association (BMA)
Highlights the career paths available within medicine and provides information that may be helpful when making choices. Also looks at the medical career structure, pay and conditions of service, working abroad and flexible training.

BMJ Careers
Medical recruitment and careers. Including useful articles.
[http://careers.bmj.com/careers](http://careers.bmj.com/careers)

BMJ Careers Fair
[http://careersfair.bmj.com/en/1/national.html](http://careersfair.bmj.com/en/1/national.html)

The Lancet
Keep up to date with current issues in the medical press.
[www.thelancet.com](http://www.thelancet.com)

The National Recruitment Office for General Practice Training
[www.gprecruitment.org.uk](http://www.gprecruitment.org.uk)

The Royal Society of Medicine
Provides an annual careers fair and links to the full range of specialties within the UK.
[www.rsm.ac.uk](http://www.rsm.ac.uk)

The Shape of Training
This is the organisation looking at planned changes to the structure and content of postgraduate medical training.
[www.shapeoftraining.co.uk/home.asp](http://www.shapeoftraining.co.uk/home.asp)
Royal Colleges
A valuable source of specific careers information.

Royal Australasian College of Physicians
www.racp.edu.au/

Royal College of Anaesthetists
www.rcoa.ac.uk/

Royal College of General Practitioners
www.rcgp.org.uk/

Royal College of Obstetricians and Gynaecologists
www.rcog.org.uk/

Royal College of Ophthalmologists
www.rcophth.ac.uk/

The Royal College of Pathologists
www.rcpath.org

Royal College of Paediatrics and Child Health
www.rcpch.ac.uk/training-examinations

Royal College of Physicians and Surgeons of Canada
www.rcsca.ca

Royal College of Physicians of Edinburgh
www.rcpe.ac.uk

Royal College of Physicians of Ireland
www.rcpi.ie

Royal College of Physicians / Careers Day (April)
www.rcplondon.ac.uk
http://events.rcplondon.ac.uk/details.aspx?e=2711

Royal College of Psychiatrists
www.rcpsych.ac.uk/traindev/career/career.htm

Royal College of Radiologists
www.rcr.ac.uk

Royal College of Speech and Language Therapists
www.rcslt.org/

Royal College of Surgeons of Edinburgh
www.rcsed.ac.uk

Royal College of Surgeons of England / Do I want to be a surgeon?
www.rcseng.ac.uk
http://surgicalcareers.rcseng.ac.uk/students/medical-students

Royal College of Surgeons of Ireland
www.rcsi.ie
Resources for alternative careers in medicine:

Médecins Sans Frontières  
www.msf.org.uk

Voluntary Service Overseas  
www.vso.org.uk

World Health Organisation  
www.who.int/en

Army Careers in Healthcare  
www.army.mod.uk/careers/healthcare

Royal Air Force Medical and Dental Careers  
www.raf.mod.uk/careers

Royal Naval Medical Service  
www.royalnavy.mod.uk/The-Fleet/Medics-and-Chaplains/Medical-Services

BMJ Article on less mainstream specialties  
http://student.bmj.com/student/view-article.html?id=sbmj0606238

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