

Why seek careers advice and guidance?

What is careers guidance?

Careers guidance is the process that enables you to make a well informed realistic decision about your future career.

Why should medical students and junior doctors seek careers guidance?

Your future career in medicine is likely to be like any other professional career; extremely competitive, which means that careful preparation and career planning from an early stage can give you the edge on the competition.

Careers guidance can help you to make an informed choice about where you want to be in your future career. The skills necessary to plan your career development in a coherent manner may be learned like any other skills, so it is important to start thinking about your future career early.

You may also need to consider your future career if something happens that alters the way you think about your career. This could be temporary or permanent and may include illness, job dissatisfaction, or not reaching your competencies during your training.

What sort of issues can be discussed in a careers guidance interview?

- How to research a medical specialty
- Competitiveness of certain areas ☑ The process of applications and training
- Needing a career plan B
- Options if you change specialty
- Leaving medicine

How will the Careers Advisor be able to help you in the guidance process?

The careers advisor will help you to recognise where you currently are in the stages of career decision making and will recommend action that will move you closer to making a well-informed decision. Be prepared for the advisor to ask you lots of questions; by doing so they can ensure that they give you the help you really need. It is a good idea to think about what you hope to achieve and think of some questions you would like answering, or take some notes to the session to discuss with your advisor.

What is the Careers Advisor's role in the guidance interview?

- To negotiate and agree with you the structure of each guidance session.

- To offer impartial, non-judgemental advice and guidance.
- To focus on your needs and interests.
- To provide honest feedback.
- To ensure that any information imparted in the session is accurate and up to date.
- To refer you to sources of specialist information or services where appropriate,
- To help you to discover what you want from your work as a doctor and what you can offer in the way of skills, qualities, values and interests rather than knowing the answer to every careers question.

Their role is to know where to find the answers and show you how to use the information available to research queries yourself. Don't expect the advisor to tell you what to do with your life: their aim is to help you reflect on your situation and to feedback and suggest action points that will enable you to make your own decision.

Your role is to;

- Accept that you are the primary decision maker.
- Provide the adviser with complete and accurate information to help with your query.

How long will a careers guidance interview last?

This will depend upon your query, but the usual amount of time set aside is an hour.

How many guidance interviews will I need?

This depends on you. It may be that all your needs will be met in one session, but you can attend as many guidance sessions as you and the adviser feel necessary.

Confidentiality

Confidentiality will be discussed for your agreement at each guidance session. No part of the session will be disclosed to any other party without your prior consent.

How can I access guidance interviews?

Please speak to your education supervisor, clinical tutor etc. first and if appropriate then contact the careers advice team at nwd.careers@hee.nhs.uk

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