

## Videos and Podcasts



Listening to podcasts and watching videos on medical topics is very useful, and is a great way to enjoy your spare time! A good place to start would be looking at Dr Alex George's YouTube videos, and podcasts such as Dr Matt and Dr Mike's Medical Podcast, and The Short Coat Podcast. Think about what you are gaining from this– it will provide you an insight into the career of a medic, inspiring and motivating you. Are you learning about how they have dealt with a difficult situation? Maybe how they communicated with someone? Even though you are not doing it yourself, it is useful to hear how others in the profession have dealt with situations. This will help to prepare you for writing your personal statement and attending interviews!

## Gaining Insight



Reading up on how doctors have been impacted by the current situation and how they are coping with it is useful. Not only is it important to stay up to date with current medical issues, it will also provide you with insight into the difficulties that come with the job, and how doctors have been resilient to deal with it.

You could do this via reading blogs, watching videos and staying up to date with current media. You could also contact doctors or medical students to find out their personal experience.

## Alternative Work Experience

With the current situation on-going, it can be very difficult to gain work experience. However, you can still gain key skills that universities are looking for even from home! We have come up some alternatives that you can access remotely to help you at this time. You should also remember that universities are aware of the current situation and its impact it may have on your application, so you should check how they have revised their policies.



## Remote experience



Even though you can't get into clinics to observe clinicians, it is still possible to get experience online. Virtual work experience programmes such as Observe GP ran by Royal College of General Practitioners, as well as the virtual work experience programme ran by Brighton and Sussex Medical School. Many universities, such as Newcastle University, are also running their summer schools online this year– make sure to check this out, as this is a great way of gaining insight into life as a medical student! You can also take part in online events, such as Q&A sessions ran by medical students by universities, and speak to medical students on Unibuddy at [www.ncl.ac.uk/study/contact/unibuddy](http://www.ncl.ac.uk/study/contact/unibuddy).

## Building up new skills



Volunteering opportunities are great for learning compassion and empathy as well as other sought after skills, and helping your community. Charities such as St John Ambulance, Kissing It Better, Be My Eyes and Leonard Cheshire are looking for volunteers to take part in their volunteering from home– doing activities such as contacting the elderly, fundraising and communicating their message to others.

You could also look at gaining new skills, such as taking up British Sign Language, learning first aid with St John Ambulance or completing an online course. Taking up a new hobby such as yoga, knitting, learning to code, running or photography can also be great for developing skills, as well as helping you to relax outside of home school.