

# Applying for medicine and dentistry and related subjects during Covid-19 lockdown

Based on several internet sources including a post by Masumah Jannah and a web site called themedicportal.

# What do we need to provide to a prospective medical school?

- Evidence of
  - Academic ability sufficient to cope with the course
  - A realistic view of what the course entails and a balanced, confident view of what it will be like to be a doctor
  - That you are a balanced person, academically gifted, but also that you're able to handle the social aspects of a career in medicine
  - That you are able to work in a team
  - That you have good communication and presentation skills
  - That you have extracurricular interests and achievements
  - Supra-curricular interest in medicine

# Think outside the box

- Ordinarily a lot of the evidence medical schools will be looking for comes from work experience. Not possible during covid-19.
  - Review your record so far. From what you have done so far can you tick the caring, responsible attitude, communication skills, stamina, community, team work boxes?
    - Peer mentoring
    - Baby sitting
    - Helping with younger pupils
    - Working part-time e.g. in a shop, a paper round etc.
    - Positions of responsibility in school or college

If you cannot tick these boxes we have some filling in to do.

# Volunteering

- In the community
  - Shopping for a neighbour
  - Telephone calls to people living alone
- Volunteer from home
  - <https://lifeofamedic.com/2020/04/30/work-experience-opportunities-during-covid-19-lockdown-for-aspiring-medical-students/>

The above list prepared by Masumah Jannah is a help

# Virtual work experience, courtesy of Brighton and Sussex Medical School

- A brilliant opportunity to gain work experience and documentary evidence of completing it without any risk to yourselves.
  - <https://bsmsoutreach.thinkific.com/courses/VWE>
- The below URL also offers advice on this, again courtesy of Masumah
  - <https://lifeofamedic.com/2020/04/30/work-experience-opportunities-during-covid-19-lockdown-for-aspiring-medical-students/>

# Using the media and the telephone/zoom/etc

- The news
- Documentaries
- Watch surgeries on U-tube
- Blogs - Masumah Jannah
  - <https://lifeofamedic.com/>
- Contact your GP and ask for a chat
- Contact anyone you know doing medicine and ask for a chat

# Supra-curricular stuff!

- Supra-curricular activities are things that you do to extend and deepen your knowledge of the curriculum.
- For all medics read books
  - *This is Going to Hurt*
  - *Bad Science*
  - *Being Mortal*
  - *When Breath Becomes Air*
  - *Do No Harm*
  - *The Man Who Mistook His Wife for A Hat*
  - *Fragile Lives*
  - *Trust Me I'm a Junior Doctor*

<https://www.themedicportal.com/blog/lockdown-wider-reading-for-aspiring-medics/>

# Supra-curricular stuff!

- Supra-curricular activities are things that you do to extend and deepen your knowledge of the curriculum.
- For those applying to traditional courses read science, magazines and books
  - New scientist
  - Scientific American
- [https://www.emma.cam.ac.uk/images/files/reading\\_list\\_potential\\_medics.pdf](https://www.emma.cam.ac.uk/images/files/reading_list_potential_medics.pdf)



# To summarise

- Do all that you can to tick the boxes by thinking outside the boxes
  1. I am clever enough
  2. I know what medicine is about
  3. I know what I want from medicine
  4. I care about and am part of the community
  5. I communicate well
  6. I do things
  7. I am sufficiently committed to have dug deeper into the subject