

Personal and professional development at medical school

This page gives you some examples of activities that can enrich your personal and professional development whilst at medical school. Use the links to find more information on some of the suggestions.

It's important to balance your time spent studying at medical school with focusing on your own personal and professional development. A range of activities can develop your transferable skills ^[1] and help you with future applications.



Here are just a few examples of personal and professional development opportunities. Don't feel you have to do too many things. Choose activities that you'll enjoy.

- consider applying for prizes awarded by your medical school or the Royal Colleges. If you win a prize, it could be rewarding in more ways than one!
- being elected as a representative on a committee at your medical school or outside (eg

the BMA Medical Students Committee [2] will show that other students have faith in your ability to represent their views

- your university will have all kinds of clubs, societies and focus groups that you could join. You could get involved in schemes that aim to widen access to medical school, or particular groups, such as Medsin [3], a student network and charity that aims to tackle global and local health inequalities. There are too many other ideas to list here, but there are even music groups aimed at medical students, eg the European Medical Students Orchestra [4]
- get involved in clinical audits. These are normally led by doctors or other professionals, but you can help by offering to collect and interpret data etc
- you can gain experience whilst at medical school [5] and develop yourself through work shadowing, volunteering or through relevant summer jobs or part-time work [6]

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/doctors/medical-school/personal-and-professional-development-medical-school>

Links

[1] <https://www.healthcareers.nhs.uk/about/resources/transferable-skills-medical-students>

[2] <https://www.bma.org.uk/collective-voice/committees/medical-students-committee>

[3] <http://medsin.org/>

[4] <http://emsocinfo.szimfonikusok.hu/wordpress/>

[5] <https://www.healthcareers.nhs.uk/i-am/considering-or-university/studying-be-doctor/applying-medical-school/gaining-experience-medical>

[6] <https://www.healthcareers.nhs.uk/i-am/considering-or-university/studying-be-doctor/medical-school/summer-jobs-and-part-time-work-while>