

Transferable skills while medical training

How skills can be demonstrated

When applying for jobs or other opportunities, it's useful to be able to give a few examples of how you have developed different skills. The following chart gives you an idea of which skills you can potentially demonstrate from different activities and experiences.

Skill	C o m m u n i c a t i o n	T e a m w o r k	M a n a g e m e n t & l e a d e r s h i p	P l a n n i n g & o r g a n i s i n g	E m p a t h y	T i m e m a n a g e m e n t	I n i t i a t i v e	A d a p t a b i l i t y & f l e x i b i l i t y	P r o b l e m - s o l v i n g	N e t w o r k i n g	R e s e a r c h
Attending career fairs & Royal College events	✓						✓			✓	
Giving presentations	✓			✓							✓
Working in a paid job	✓	✓		✓		✓		✓	✓	✓	
Volunteering	✓	✓		✓	✓	✓		✓		✓	
Teaching/mentoring	✓		✓	✓	✓						
Student-selected components (SSCs)		✓		✓			✓			✓	✓
Taking part in meetings/discussions	✓	✓								✓	
Writing essays, reports etc	✓			✓							✓
Group project work	✓	✓		✓					✓		✓
Clinical placements	✓				✓				✓	✓	
Elective	✓			✓	✓		✓		✓	✓	✓
Carrying out an audit	✓	✓	✓	✓			✓		✓	✓	✓
Doing an intercalated degree											✓
Research project	✓			✓		✓			✓		✓
Interests eg sport, music, art, drama	✓	✓				✓					
Organising an event	✓	✓	✓	✓		✓	✓			✓	

Membership of club or society	✓	✓								✓	
Starting a new club or group	✓	✓		✓			✓			✓	
Being a representative, captain or chair	✓	✓	✓		✓		✓			✓	
Speaking a foreign language	✓										
Juggling commitments - family, work, study				✓		✓		✓			
Changing course/options								✓	✓		✓
Travelling eg during gap year				✓			✓	✓			