

## F1 CAREER PLANNING SESSION

### Introduction

This form has been designed to help you with your career planning and clarify which specialty training programmes to apply for. Aim to make a firm decision by the autumn of your F2 year.

The process will help you clarify the **specific** ways you are suited to your chosen specialty so that you can include them on your application form and/or discuss at interview.

The form will not replace discussion with your educational supervisor – but it will help your supervisor structure the career planning session so that you get the most out of it.

The following resources are also available:

- The Health Careers website <https://www.healthcareers.nhs.uk/>

Discuss your plans with your **ES** using the 4 stage model (see below). The **focus** of your career planning session should be on **Stages 1 and 2**:

1. **Self-Assessment** (becoming clearer about core values, skills, interests and personal stressors)
2. **Career Exploration** (carrying out a thorough investigation of the options available)
3. **Decision Making** (weighing up the pros and cons of different options in order to identify a first choice and at least one back-up option to pursue post-FP)
4. **Plan Implementation** (writing first-class application forms. Preparing for selection centres in order to maximise the chances of success)

Contact the Careers Team ([careers@kss.hee.nhs.uk](mailto:careers@kss.hee.nhs.uk)) if you would like additional 1:1 careers support.

### F1 Career Planning Session:

#### Making the most of your meeting with your Educational Supervisor

**Before** meeting your educational supervisor:

- Complete the self-assessment exercises
- Complete Section A of the form and bring it to your meeting

**During** your meeting:

- Discuss Section A with your ES, try to give **specific** examples
- e.g. if '*continuity of care*' is important to you, discuss the specific experiences with patients that led you to this realisation
- Review your 3 post foundation options
  - For each explain how these match the results of the self-assessment exercises

- e.g. if '*continuity of care*' is important to you, discuss how this could be realised in each option.
  - If there is a "lack of fit" discuss whether this option is right for you e.g. one of your options is emergency medicine but there is little continuity of care in that specialty.
- Complete 'Matching Stages 1 and 2 together' with your ES
  - Discuss whether you should arrange a taster

**At the end** of your meeting:

- Review the list of career planning tasks
- Discuss which are most relevant and agree to complete these before your next ES meeting