

F2 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.

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/>

During F1 your focus should be on Stages 1 and 2

1. **Stage 1: Self-Assessment** – *becoming clearer about core values, skills, interests and personal stressors*
2. **Stage 2: Career Exploration** - *carrying out a systematic and thorough investigation of the options available*

During F2 your focus should be on Stages 3 and 4

3. **Stage 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-foundation*
4. **Stage 4: Plan Implementation** - *preparing for selection centres in order to maximise the chances of being successful*

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

F2 Career Planning Session:

Making the most of your meeting with your Educational Supervisor

Before meeting your educational supervisor:

- Review your **F1 Career Planning Form**
- Complete **Section A** of the F2 Career Planning Form and bring **both** to your meeting

During your meeting:

Decision making

- Review your F1 form (if you don't have this review stages 1 & 2 above)
- Has anything changed since F1? i
- If you are unable to identify any options, focus on this during the meeting
 - Identify specific self-assessment tasks and the specific career exploration tasks to help you make some career choices (see F1 Career Planning Form)

- Once you have 2-3 options discuss the following questions with your ES using specific examples from your clinical experience during the foundation programme:
 - **Realistic:** Are you being realistic about yourself and about the demands of the job?
 - **Opportunities:** Have you given serious consideration to all the opportunities available?
 - **Anchors:** Have you built in the things that provide support in your life?
 - **Development:** Do your choices fully develop your potential?
 - **Stress:** Have you considered those aspects of work that create particular stresses for you?

Plan Implementation

- Discuss the timetable for specialty recruitment
- Review the person specifications for each specialty
 - Identify examples from your portfolio which demonstrate the key competences of each specialty.
- Review the list of career planning tasks.
- Agree a date to complete each.