

STFS: 10 Career Planning Tips for New Foundation Doctors

START OF F1

1

You Are Here, Now Think Career

- Foundation is a bridge between medical school and your 1st job as a doctor.
- It is time to take stock and fully start your **career planning**.
- The applications to the **next** stage of your **career** will open **early** in F2 and this is a **competitive** process. Are you **ready**?

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4 Stage Medical Career Planning

Early on in F1 it is advised that you carry out: **STAGE 1: SELF ASSESSMENT** and **STAGE 2: CAREER EXPLORATION**

Visit the NHS Medical Careers website for further information on how these steps will **enhance** your **career prospects**.



1. Self Assessment
2. Career Exploration
3. Decision Making
4. Plan Implementation

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Inductions & Settling In

- Induction will help you settle into your new role.
- It is never too early to start looking towards the **career horizon**.
- At an early stage you should start to build **networks** that you can call upon as you **plan** your career.

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Maintaining Your ePortfolio

- Start your ePortfolio from day one and keep up momentum. Completion is a sign-off requirement in F1 and F2, but a portfolio is often required at the specialty selection stage.
- Tasters can give you an insight into specialities you might not rotate through in your F1 or F2.
- Discuss your plans with your ES in the first instance and check the STFS website to see what taster opportunities are available in your Trust.
- Use ePortfolio to reflect, plan your personal development and record any tasters you undertake.
- Consider a 'Plan B' - (different specialty) Why not explore all the opportunities?



START OF F2

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Decision Time & Plan Implementation

- During your first rotation F2 applications will **open** (Nov-Dec).
- Review **STAGE 1** & **STAGE 2** of the career planning model and undertake **STAGE 3: DECISION MAKING** and **STAGE 4: PLAN IMPLEMENTATION**.
- Review the **events** calendar on the NHS Medical Careers website and attend those you feel are relevant.



Applications Open Early in F2

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Educational Supervisor Meeting

- Meet **early** in F2 with your ES to discuss your **career plans** and ePortfolio.
- Explore all your **options** and consider a **Plan B**.
- Review timelines for recruitment and ensure you plan **time** for completion of forms.
- It is your **career** and your **responsibility!**

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Beyond Foundation

STFS will put in all the support and educational opportunities that you will need to successfully move onto the **next** stage of your career.

Key to your success is taking responsibility for **your career** and using a process to help you come to a **well informed and realistic decision**.

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Applications

- Different career pathways have different processes for applications.
- Review the Specialty Training website www.specialtytraining.hee.nhs.uk (Competition Ratios/Person Specifications can be found here) for the process that will be in place for you.
- The application window is a relatively short period and will **close** before Christmas.
- Take time with your application and submit it in good time. **Don't leave it until the last minute.**



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Educational Supervisor (ES) & Clinical Tutor (CT)

- Understand the role ES & CT play in your **career planning**.
- Make time to discuss your **career plans** with your ES and set in motion a **personal development plan (PDP)** to enable you to achieve your **career goal**.
- Your ES will have a wealth of knowledge and networks. Make sure you use these fully to help you come to a **well informed** & **realistic decision** about your career.

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Interviews & Selection Centres

- Familiarise yourself with what is required for your interview.
- Refamiliarise yourself with the **person specification(s)** for your specialty(ies).
- Keep abreast of current affairs and hot topics in your specialty.
- It is a good idea to **practise** your interview technique.

