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| **Medical work experience****Learning journal** |
| Welcome to the Virtual Work Experience Programme at Imperial College Healthcare NHS Trust. Throughout the programme you will have many opportunities to understand what clinical medicine is like, what being a doctor requires, and how Medicine may suit you for your future career.You will see and learn a huge amount over the next few days, and a great way to remember what you experienced and to keep reflecting on it is to keep a journal. Not only does this mean you will have specific topics to talk about when you come to interview but you can keep coming back to the journal and deepen your reflections. We suggest that each day you pick some topics/sessions that particularly struck you, record what went on, what you have learnt and what your reflections are. You can use the following pages to make notes on particular themes.  |
| If you become upset or triggered by any of the content, please leave the session and talk to your teacher. It is common to have an emotional response when hearing about someone else’s illness or trauma and to help you manage this, Dr Sharon Taylor, Consultant Child and Adolescent Psychiatrist has recorded some hints and tips in this [video](https://www.youtube.com/watch?v=aKBGC0BmA1s).  |
| We will ask for your feedback about the programme at the end of every day. This information will help us to develop and improve our virtual work experience offer. We will also ask you to complete an pre and post survey about your work experience week which will contribute to work we publish on medical education. All feedback is anonymous and we urge you to speak freely. We hope you find this Work Experience rewarding and useful, thank you for taking part.Graphical user interface  Description automatically generated with low confidence |

| **Theme 1: Talks – pathway to medicine** |
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| Key learning points: |  |
| What surprised you? |  |
| What impact has this had on your perspective, opinions or plans? |  |
| Questions to ask: |  |

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| **Theme 2: Clinical sessions – simulations and patient interactions** |
| Describe the session(s) |  |
| What stood out for you? |  |
| What did you think and feel? |  |
| Your key learning points: |  |
| What surprised you? |  |
| What impact has this had on your perspective, opinions or plans? |  |
| Questions to ask: |  |

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| What surprised you |  |
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| Questions to ask |  |

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| **Theme 3: Talks – Day in the life…** |
| What stood out for you? |  |
| What did you think and feel? |  |
| Your key learning points: |  |
| What surprised you? |  |
| What impact has this had on your motivation to study medicine? |  |
| Questions to ask: |  |

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| **Theme 4: Talks – Getting into medical school**  |
| Your key learning points: |  |
| What further research do you need to do? |  |
| How will you use the wider experiences from this week to support your application? |  |
| Questions to ask: |  |

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| **Theme 5: Talks – Life as a medical student**  |
| What stood out for you? |  |
| What did you think and feel? |  |
| What surprised you? |  |
| What impact has this had on your perspective, opinions or plans? |  |
| Questions to ask: |  |