

SIXTH FORM @ UPTON



Upton Hall School FCJ



'UPTOMED' Medicine Programme

A programme for Year 12 and 13 students considering studying Medicine



What is UPTOMED?

Applying to study medicine at university is a very competitive process. The UPTOMED programme aims to give you the best possible chance of securing a place at your chosen medical school. This tailored programme gives students in the Sixth form the support and experiences necessary to make a competitive application.



Who are medical schools looking for?

Medical schools want students who have commitment, perseverance, initiative, concern for others and the ability to communicate. Every medical school will highlight the particular qualities they are looking for on their websites.

- Motivation to study medicine and genuine interest in the medical profession
- Insight into your own strengths and weaknesses
- The ability to reflect on your own work
- Personal organisation
- Academic ability
- Problem solving
- Ability to deal with uncertainty
- An ability to deal effectively with problems
- Honesty
- Ability to take responsibility for your own actions
- Conscientiousness
- Insight into your own health
- Effective communication, including reading, writing, listening and speaking
- Teamwork
- Ability to treat people with respect
- Resilience and the ability to deal with difficult situations
- Empathy and the ability to care for others

More information about each of these attributes available below:

<https://www.medschools.ac.uk/media/2542/statement-on-core-values-to-study-medicine.pdf>

How many medical schools can I apply to?

You can select up to 4 medical schools on your UCAS form. You also have a fifth slot to apply for something different.

Some universities allow you to write a different personal statement for the fifth choice. But many won't. So it's normal to use it for something science-related, for example Biomedical sciences.

If you would like to apply to Oxford or Cambridge, you can only apply to either Oxford or Cambridge and not both universities

Did you know?

Elizabeth Garrett Anderson (1836 - 1917) was the first female doctor to qualify in England. She opened a school of medicine for women, and paved the way for women's medical education in Britain. She was born in Whitechapel, London. Initially, Anderson failed to get into any medical school and enrolled as a nursing student at the Middlesex Hospital. She attended classes with male colleagues, but was barred after complaints!



Medical Insights and Opportunities

UPTOMED Programme Structure 2021/22

YEAR 12

	Events	In school activities
Autumn Term	<p>Liverpool University Medicine Taster Day (Dec) - Approx £35</p> <p>Liverpool Medical Institute – Yr12 Medical Careers Conference (Dec) – approx. Approx £150 (optional)</p>	<p>Deciding on Medicine—careers talk (by current medical student)</p> <p>Work experience/volunteering support</p>
Spring Term	<p>Liverpool University Medicine Taster Day (April) - Approx £35</p> <p>Oxbridge Conference (if intending to study at Oxford or Cambridge)</p>	<p>Making a Competitive Application</p> <p>UCAT & BMAT practice (school subsidised subscription for online practice materials)</p>
Summer Term	<p>University Open Days</p> <p>INTROMED</p> <p>UCAT registration and testing</p>	<p>Yr12 UCAS Preparation</p> <p>Work experience/volunteering support</p> <p>Application support</p>

YEAR 13

Autumn Term	<p>BMAT Registration opens</p> <p>Early Entry Deadline 15th October</p> <p>BMAT Testing (Early November)</p> <p>Medical interviews begin</p>	<p>Mock Interviews— all applicants will have two mock interviews with detailed feedback</p> <p>Interview question preparation (group work)</p>
Spring Term	<p>Medical Interviews continue</p> <p>University offers made</p>	



The Medic Portal

(<https://www.themedicportal.com/>)

The Medic Portal is an online resource for all aspiring medics. It offers free information and advice, and the 'Application Guide' covers each stage of the medical school application process, including:

- Medical Work Experience
- Choosing a Medical School
- Medicine Personal Statements
- UCAT and BMAT
- Medical School Interview

Work Experience

Medical schools want to see how your work experience has given you:

- Experience of care, support or help to other people so you understand the realities of working in a caring profession
- Some of the attitudes and behaviours essential to being a doctor, such as conscientiousness, good communication skills, and the ability to interact with a wide variety of people
- A realistic understanding of medicine and in particular the physical, organisational and emotional demands of a medical career

Work experience can be working with people in a caring or service role, and in particular with people who are ill, disabled or disadvantaged. You can gain care experience in care homes for the elderly, hospitals, hospices, nurseries, special schools, community-based settings or by volunteering to provide first aid or other support services. It is advisable to get some work experience or volunteering in a clinical setting e.g. INTROMED*, St Johns Hospice, Arrowe Park Hospital.

In addition to work experience in a caring role, paid employment or voluntary work in areas outside of healthcare can help you demonstrate the attributes and behaviours required for medicine, such as working with people, team work and communication skills. Keep a notebook and write down your experiences, anything interesting you have observed and make sure you can express what you have learnt about yourself and medicine.

***INTROMED** (Introduction to Medicine) is a scheme run by Wirral University Teaching Hospital NHS Foundation Trust to support students in their decision to become a doctor. It runs in late June/early July and gives students a week long experience in different departments at Arrowe Park and Clatterbridge Hospitals, shadowing consultants and practicing clinical skills. It is a valuable part of our medicine programme.

Should Covid restrictions continue to affect work placements:

<https://www.medschools.ac.uk/media/2717/a-guide-for-gaining-relevant-experience-during-the-pandemic.pdf>

Admissions Tests - UCAT & BMAT

All UK medical schools require you to take either the UCAT or BMAT test. Both tests help medical schools assess a student's aptitude for medicine and a future career as a doctor. The results can be used to:

- Decide whether to invite a student to interview
- Inform whether an offer should be made
- Decide between two equally ranked applicants

The UCAT test is taken at an external testing centre at the end of Yr12

The BMAT test is taken in school in the November of Yr13

UCAT

The University Clinical Aptitude Test is designed to select people to be medical students. It is a two-hour computer-based test that can be taken at centres across the UK and worldwide. It includes subtests involving verbal reasoning, decision-making, quantitative reasoning, abstract reasoning and situational judgement.

Medical schools use the UCAT in different ways. Some medical schools use thresholds and require that a candidate's score be over a particular threshold. These thresholds can change year on year. Every medical school will detail on their website how the tests will be used within their admissions process. Details of how universities use the test can be found here:

<https://www.themedicportal.com/application-guide/ucat/>

Students will take the test at the end of Year 12 at a test centre.

Registration opens in May and closes by mid-September. Students can take the test from July until the beginning of October.

Further information can be found at: <https://www.ucat.ac.uk/>

BMAT

The Biomedical Admissions Test is a paper-based two-hour test. The BMAT assesses mathematical and scientific knowledge alongside thinking skills and written communication. It has separate papers that test:

- Generic skills in problem solving and critical thinking
- The ability to apply the scientific knowledge typically covered in school science and mathematics by the age of 16
- The ability to select, develop and organise ideas, and to communicate them in writing, concisely and effectively.

Tests are undertaken in school in November of Yr13 (unless you are taking the September test). If you are applying to Oxford University you must take the November test

Many medical schools may rank your BMAT score, as one element amongst others considered within the admissions process. Every medical school will detail on their website how they will use the test.

<https://www.admissionstesting.org/for-test-takers/bmat/>



Personal Statement

Medical schools want to see your experience, skills and attributes relevant to medicine:

- Think about what medicine means to you and express it in your own words
- Focus on what you have learned about being a doctor and working in the healthcare profession from your work or voluntary experience
- Write about the knowledge you have gained about life as a doctor rather than the activity itself
- When talking about skills, explain why these skills are important for a doctor
- Write about any volunteering that has supported your understanding of what it will be like to study medicine, or be a doctor
- Include some information about what you like to do in your spare time and how it has developed you or helps you manage stress.

Finally, double-check your punctuation, spelling and grammar.

<https://www.themedicportal.com/application-guide/personal-statement/>

<https://www.unifrog.org/know-how/example-personal-statement-medicine>

Interviews

Medical schools want to see that you have the following qualities:

- **Ability to communicate**

Applicants should be able to express their ideas clearly and coherently and to be able to follow a reasoned argument. Applicants who give spontaneous yet well thought-out answers to questions are more likely to impress the interviewers than those who give obviously rehearsed and 'coached' responses.

- **Attitude**

Medical schools look to see if applicants have the right attitudes to study medicine and be a doctor. This includes flexibility, integrity and conscientiousness.

- **Motivation to be a doctor**

Medical schools will want to see evidence of the experiences that have influenced an applicant's decision to study medicine. They will want to know that an applicant has an understanding of what a career in medicine entails.

- **Previous caring experience**

This can be from an applicant's work, home or voluntary experience. Medical schools will not only want to hear about the type of experience but also what an applicant has learned and their emotional response.

- **Knowledge of what is happening within medicine**

Applicants will not be expected to have a detailed knowledge, but have an intelligent view on areas of medicine that are currently within the media or in the spotlight.

Types of Interview

There are two distinct types of interview at medical school; Multi-Mini Interviews (MMIs) or panel interviews.

The preparation advice is the same. The most important thing is that you get used to talking about yourself and expressing your views.

Preparation is important. Think about the questions you may get asked and consider your answers. Be able to back your answers with evidence or examples.

Before the interview, re-familiarise yourself with your personal statement, the medical course, its structure, the type of teaching and assessment, and any additional opportunities it provides.

Follow any medical developments making the news or within dedicated journals (such as the British Medical Journal).

<https://www.themedicportal.com/application-guide/medical-school-interview/>

<https://www.rcseng.ac.uk/careers-in-surgery/careers-support/applying-to-medical-school/interview-questions/>

<https://www.healthcareers.nhs.uk/explore-roles/doctors/applying-medical-school/interviews-medical-school>

Choosing a Medical School: What are the different course types?

Traditional

In a traditional course, your first two to three years will focus on learning in a more traditional lecture setting. You'll be taught about various and diverse science-based theory across all medicine. During the final 2 years you will be taught in clinical settings under the direction of a consultant. Traditional courses are taught at almost all of the most academically-oriented universities like Oxbridge.

Integrated Medicine Courses

Most Medical Schools teach Integrated Medicine Courses. The difference between these is whether they use **problem-based learning**, **case-based learning**, or **enquiry-based learning** to deliver the Integrated Courses.

Problem Based Learning

These focus on small group work, peer-to-peer learning methods and a high emphasis on education through problem-solving.

Case-Based Learning

Case-based teaching is when the Medical School will use a case to pique your interest and then focus on the skills and knowledge you'll need to solve it. This Medical School teaching style usually means you'll work in small groups over short periods – but it's backed up with traditional methods like seminars, lectures, dissection, and more.

Enquiry Based Teaching

Enquiry based teaching is when you look at questions, problems and scenarios instead of being given facts. It puts you in charge of your own learning because this Med School teaching style is more about how you learn, rather than a lecturer teaching you.

<https://www.themedicportal.com/application-guide/choosing-a-medical-school/teaching-styles/>

Recommended Reading & Useful Websites



Academic/professional publications

- British Medical Journal available at: <https://www.bmj.com/>
- Biological Sciences Review available in the school library and at <https://www.hoddereducation.co.uk/magazines/magazines-extras/biological-sciences-review-extras>
- British Medical Association (research and news) available at: <https://www.bma.org.uk/>

Non-Fiction books

- *Trust Me, I'm a Junior Doctor* by Max Pemberton
- *Where Does It Hurt?* by Max Pemberton
- *Blood, Sweat and Tea* by Tom Reynolds
- *In Stitches* by Nick Edwards
- *Complications and Better* by Atul Gawande
- *The House of God* by Samuel Shem
- *The Other Side* by Kate Granger
- *The Man Who Mistook His Wife for a Hat* by Oliver Sacks
- *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

Fiction books

- *The Loose Ends List* by Carrie Firestone. This covers what it means to have a 'good death', surrounded by family and at a time of your choosing.
- *Eat, Sweat, Play* by Anna Kessel. This describes what it is like to be a woman in sport and how sport changes the lives of those involved- not just in terms of their physical health, but in terms of what sport can do to help your mental health and just how closely fitness is to having a lifestyle that makes you happy.
- *Bad Pharma* by Ben Goldacre. This frequently comes up on medical reading lists, but it's actually more helpful in teaching you just how closely research, medicine and money are linked.
- *Everything Everything* by Nicola Yoon. Without spoiling the plot, this covers the life of a girl kept inside by her medical conditions and just how closely health is tied to our relationships and family dynamics.
- *Unbecoming* by Jenny Downham. Covering three generations of women, this covers the whole spectrum of what it means to see a person as a whole person, and not just as a condition.
- *It Ends With Us* by Colleen Hoover. Describing the thought processes behind domestic violence, this book shows us that seemingly simple decisions are always altered by the emotions we don't always see, something that commonly translates to medicine.
- *Every Last Word* by Tamara Ireland Stone. This describes what it is like for the protagonist to live with a form of OCD and still conduct her day to day life.
- *Reasons to Stay Alive* by Matt Haig. Written by the author in the depths of an overwhelming depression, this book tackles mental health head on.

Useful Websites

Becoming a Doctor - <https://www.bma.org.uk/advice-and-support/studying-medicine#becoming-a-doctor>

Ted Talks Medicine - <https://www.ted.com/topics/medicine>

Talk Medicine from the BMJ - <https://journals.bmj.com/sites/default/files/podcasts/index.html>

Inside Health Podcast - <https://www.bbc.co.uk/programmes/b019dl1b/episodes/downloads>

GMC Good Medical Practice - <https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/good-medical-practice>