

PROSPECTIVE MEDICS, VETS, DENTISTS AND PHARMACISTS 2020



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Welcome to your prospective medics, dentists, vets and pharmacists student booklet and conference. We have condensed a wealth of information for you but there is so much more to research and explore online, as well as with your teachers back at school/college. The conference is designed to help you to explore what you want to study, where you want to study and the skills needed to make the best possible application.

Getting on to your top choice university course to become a prospective medic, dentist, vet or pharmacist is a highly competitive process but please don't let that put you off; we will provide you with an insight of what qualities are needed and how to best prepare in Years 10, 11 and 12, so that you have the best chance to secure a place at whichever is your top personal choice.

So, our message is to go for it! Being a prospective medic, dentist, vet or pharmacist is a highly challenging but most rewarding journey with plenty of diverse, global opportunities once you become qualified.

Thank you for joining us today. Enjoy the journey and best of luck.

Peter Rawling and Yvonne Briggs

Please text your feedback to 07860 017831 or email andrew@pixl.org.uk.

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WHAT TO STUDY

What and Where are two vital elements and it is important that they are considered in this order. You may fancy X because of the beach, Y because they're your favourite football team, or Z because you have friends there. You can very quickly grow to dislike a place, however, if you don't like the course you're doing. It is very important, therefore, that you make sure you know what a course involves.

There are many related courses for medicine, pharmacy, dentistry and veterinary science so do your research!

An easy way to see what is available is to go to *UCAS.com* and type in your key words. This will then show you a list of universities that offer courses related to your key word search. Examples of related courses are given below:

The courses highlighted below are usually the main courses for medics/dentists/vets/pharmacists but the subjects underneath are to show the different routes/areas of medicine/dentistry/pharmacists/veterinary science.

Medicine

- Clinical Medical Science
- Paramedic Science
- Cellular and Molecular Medicine
- Clinical Pharmacology
- Pharmacy

Veterinary Science

- Equine and Veterinary Bioscience
- Veterinary Biosciences
- Zoology

Dentistry

- Dental Surgery
- Bio Dental Science and Technology
- Dentistry Entry Programme for Medical Graduates

Pharmacy

- Pharmaceutical Science
- Pharmacology
- Pharmaceutical Chemistry



WHERE TO STUDY

Once you've decided what you want to apply for, you need to compile a list of all the places that offer it. This may be a short list or it could turn out to be a very long one. You then proceed by a process of elimination. First cross out those places you just wouldn't want to go to, then introduce other criteria.

Would you prefer to go to, or to avoid, ... a big city? ... a campus site? ... London? ... the North? ... a modern university? .. an olde worlde one? Do look through the prospectuses and watch the online presentations. Above all, don't make assumptions. Warwick University is actually in Coventry; York and Lancaster Universities are not set amid the historical high spots of those two cities but are actually well outside the cities on modern campus sites. Keele University may be near Newcastle but it's near Newcastle-under-Lyme, not Newcastle-upon-Tyne, so don't mistake the area of the country.

All universities advertise open days. It's better to go and see institutions firsthand if you can. It may sound expensive but it is an investment in a minimum of three years of your life so will prove well worth it.

CAMPUS VS CITY UNIVERSITIES

Campus

- All of the buildings, facilities, and often students are all on one distinct site
- Student accommodation is often on the same site
- Greater sense of community
- Shorter distance to get to classes

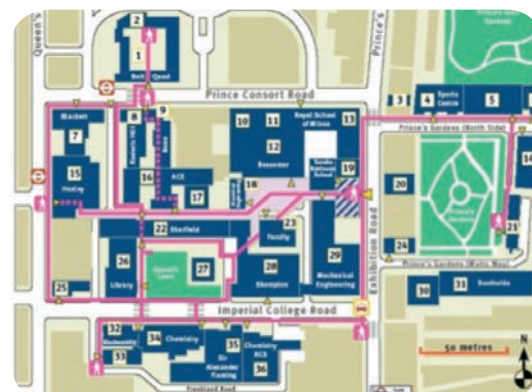
University of Birmingham map (campus university)



City

- Buildings and facilities are dotted around a city
- Student accommodation in different areas in the city – not necessarily near other buildings and facilities
- In the heart of the city
- Good transport links
- May be time consuming to get to classes – you may be late to some classes if they're back-to-back and in different buildings

Imperial College London map (city university)



SKILLS AUDIT & LORIC SKILLS

A survey conducted at Russell Group universities across all departments highlighted the skills that it was thought – (a) all undergraduates need to have, (b) that applicants increasingly seem to be lacking and, therefore, (c) applicants ought to try and reflect via both their personal statement and reference.

1. **An ability to work independently.**
2. **An ability to write a clear and coherent essay or report.**
3. **An ability to think critically.**
4. **An ability to solve problems.**
5. **An ability to manage time effectively.**
6. **An ability to contribute to a discussion.**
7. **Numeracy.**
8. **An ability to work in a team.**

These are regarded as the core skills, with the ability to work independently as the first and foremost. Any lecture of one hour should, they believe, lead to five to six hours of personal study, so it is essential that students know how to do follow-up work, use books and research for themselves. Anything that indicates that they have these skills is bound to win points in any application.



LORIC

Personal

Where have you assumed a lead role and enabled a successful outcome? Where have you demonstrated an ability to organise people and services to get things done? Where have you shown you don't give up after setbacks? Where have you worked something out for yourself, done it and achieved a successful outcome? Where have you shown you can relate well to others, explain things clearly and win their trust and confidence?

LEADERSHIP
ORGANISATION
RESILIENCE
INITIATIVE
COMMUNICATION
SKILLS

Academic

What shows that you are keen on what you are studying and an independent learner and thinker? What shows that you are keen to take on new ideas and new thinking? What wider reading and research have you done and what have you got from it? What is going to show future admissions staff or employers that you are going to be interesting to work with? What evidence is there that you don't just accept things but are sceptical and prepared to challenge?

LOVE OF LEARNING
OPEN-MINDED
READING AND RESEARCH
INTERESTING TO TEACH
CRITICAL THINKER

PERSONAL EVIDENCE PLAN

Preparation	Evidence	As a result, I have...
I can work independently		
I have written an extended essay		
I can solve problems		
I can manage my time effectively		
I am an effective team member		
Extracurricular activities		
TED Talks		
MOOCs		
Reading material		
University Open Days/Lectures attended		
Work experience/shadowing		
I have a love of my subject/course I wish to study at university		
Other achievements		

THE APPLICATION PROCESS ADMISSIONS, TESTS AND MMIS

UCAS

You will apply through UCAS and have up to four choices for medical/dentist/veterinary/pharmacy schools and a fifth option for a non-medic/dentist/pharmacist/veterinary course.

You do not need to put your choices in order of priority. If you are applying to Oxford or Cambridge or for medicine, pharmacy, veterinary medicine or dentistry, you have to get your application in by October 15th in Year 13.

Admissions tests

In addition to the UCAS application, medical schools require students to have taken either the UKCAT (UK Clinical Aptitude Test) or BMAT examination.

The UKCAT is a digital test composed of five categories: Abstract Reasoning, a Situational Judgement Test, Verbal Reasoning, Quantitative Reasoning and Decision Making.

The BMAT is a written test that ascertains your critical and logical thinking skills, as well as knowledge obtained from your studies in three areas: Aptitude and Skills, Scientific Knowledge and Applications and Written Communication Skills.

Overall, students are tested on their core strengths so practice, practice, practice is key!

For prospective veterinary applicants, most vet schools require you to complete an online work experience

questionnaire/form and some require you to complete a Motivation, Ability, Attitude and Attribution assessment and/or a Situational Judgement Test.

For dentists, the majority of dental schools use the UKCAT, with Leeds Dental School using the BMAT, whilst the University of Central Lancashire (UCLan) runs its own admissions test.

Interviews

Once your application has been successful, you will be invited to attend an interview for all of the above courses, most commonly now taking the form of MMI (Multiple Mini Interview). These really test your ability to adapt, your ability to problem solve and to resolve role play situations. Not all universities use the MMI format however, so it is best to do your research via the websites below to help you. These websites detail every course currently available and will detail entry requirements, admission tests, interviews and work experience required:

Medschools.ac.uk

Vetschoolcouncil.ac.uk

Dentalschoolcouncil.ac.uk

Pharmacyschoolcouncil.ac.uk

Check out the monthly Medics Bulletins that PiXL sends out to all schools/colleges. These can be accessed at any time via the members area (*PiXL Strategies > PiXL Futures > Medics Bulletin*).



PREPARATION AND INTERVIEWS

MEDICS

What qualities does a good doctor need to have?



There are no “right” answers to most interview questions but interviewers are looking for evidence that you are thinking like a doctor and can cope with the pressure you are put under in the interview. The key to handling one is to keep calm, answer thoughtfully and try to establish a rapport with the interviewer or, in this case, interviewers. So, in each case, give a handshake at the beginning and end of each mini interview, make eye contact and try to engage with the interviewer as if you are having a conversation. Although they may not give much feedback at the time, they will appreciate the relationship you are immediately trying to establish, just as a good doctor does with a patient.

Station 1: Why medicine? ...is the most obvious question and still the hardest to answer. The answer that must really be avoided is one along the lines of “because you want to help people”. This could be done by being a paramedic, a nurse, a care assistant or a social worker. The interviewers are looking for what is particular in being a doctor and therefore the science - liking the challenge of analysing and diagnosing problems over a range of conditions and wanting an ongoing challenge as it is

changing all the time, and all cases present differently. Doctors are primarily problem-solvers.

Station 2: What evidence shows that you have the qualities a good doctor needs? It is surprising how tongue-tied most candidates can be when detailing their experience and what they got from it and learnt from it. What goes down particularly well is when someone talks about how something done or seen was followed up by particular reading, research and action (“I saw cases of...so I followed up by researching its symptoms and methods of treatment.”). Relevant experience does not have to be in a hospital. Some people cannot get such an opportunity but there are other things you can do, such as working with others in your school or local community, especially with any who may have physical or mental disabilities/difficulties or health issues.

Station 3: What are the biggest health issues facing the NHS currently? Listen carefully to questions. Note that this asks about health issues, so don’t go on about lack of funding and make political points. The most obvious issues are problems associated with an increasingly ageing population (Alzheimer’s, dementia, cancers associated with older people – prostate cancer for instance), obesity (among the young leading to unhealthy lifestyles and in older people leading to diabetes), and the so-called “antibiotic apocalypse” as viruses become more resistant to the drugs we have. Keep an eye on current news items that report on health issues and research.

Station 4: What is health provision like in your home area? Most candidates have no idea and many don’t even know what “provision” means. It means what are local services like, how accessible are they and how are they rated? The Care Quality Commission is like an Ofsted for Health Authorities and it will have produced a report on your local NHS Trust. How is your trust rated and why? Read that report, which you’ll find online.

PREPARATION AND INTERVIEWS

MEDICS

What is the balance between NHS and private hospital care in your area? Are there any specialist units (for instance a hospital that pioneers world leading eye surgery, where eye ops are broadcast live to all parts of the world)? Are there any local specialisms like a local heart care or neonatal unit? Is there a shortage of GPs so that it is difficult to get an appointment either at all or with the same doctor so that there is/isn't continuity of care? Are there any particular health issues in your local area?

Station 5: The organ problem. These can be awkward. There are no right answers, though some can be wrong. Don't say for this one that you'd just put all the names in a hat and draw out the lucky winners! The key is to think like a doctor and therefore use clinical needs as your main criteria. Again, listen carefully to the question. Certainly, you should not be seen to be judging people for their lifestyles, but simply taking them into account when assessing how to treat them.

Station 6: Needle exchange scheme. The first thing to avoid is any statement that illegal drug users "don't deserve" the money being spent on them because in medicine you treat everyone without prejudice. It is easy to condemn the proposal as "encouraging illegal drug use" but, if you stop the spread of HIV to the extent of preventing just five or six people getting it and developing full blown AIDS, you'll have saved money as

it costs about £25,000 a year to treat an AIDS patient.

Station 7: £10,000 for a health initiative. This is a test of your local knowledge and of ideas about how to invest limited resources to best effect. £10,000 won't go particularly far so don't talk in terms of hiring more nurses or subsidising housing for GPs. What they are looking for is an investment in something preventative that will pay for itself many times over by preventing things that will be much more costly to treat. It could be a drive to get youngsters fitter, a mental health or sexual health awareness campaign and, if linked to some evidence or statistics you could quote that shows up a local need, that would be very impressive.

Station 8: How do you cope with stress? Please do not say that you don't get stressed. You are a human being, not an android, and saying you don't get stressed suggests little self-awareness, which in turn could cause others to doubt your empathy skills. Medicine is a highly stressful career so they want to know what coping strategies you have, outlets, a life outside of medicine that can help you relax, restore your perspective and give you enjoyment.

Station 9: What would you do if not offered a place to read medicine this year? There is really only one answer they wish to hear and that is "see you next year – I shall re-apply" - i.e. I am very determined to be a doctor and, as long as it is realistic, I shall keep applying.



PREPARATION AND INTERVIEWS

DENTISTS

What qualities do you think a good dentist needs to have?



One of the most important qualities is being able to inspire other people's trust and confidence. This is even more important in dentists than medics as so many more people are scared of dentists.

Station 1: Why dentistry? Start with the science: liking the challenge of analysis and diagnosis. Dentistry provides an ongoing challenge as it's developing all the time, all cases present differently etc. There's a lot of variety (in the chance to do general dental practice work, hospital work, do research, work abroad etc.) and, obviously, there's the chance to impact on the lives of others in a particularly positive and satisfying way. But always start with the science!

Station 2: What evidence shows that you have the qualities a good dentist needs? It is surprising how tongue-tied most candidates can be when detailing their experience and what they got from it, learnt from it etc. Relevant experience does not have to have been at a dental practice but you should seek to get as much of this as possible, if you can. If that is difficult to get via your local NHS Trust, contact your local Rotary Club. That is likely to have a dentist or two among its

membership and they are usually very keen to help and will have contacts. Let your own dental practice know that you are interested. You'll probably be able to do some work and observation there.

If possible, also try to get access to an orthodontic department at a hospital because that will give you an insight into the whole area of maxillo-facial surgery. At interview, you'll probably be asked what you have learnt from such experiences. Remember that it's not just what you've learnt about dentistry but also about yourself and confirming to you that dentistry is what you want to do and that you have the skills for it.

Station 3: What issues and research are you aware of and find interesting? Check www.ted.com and look at www.futurelearn.com, which will have ideas and introductory courses. Keep a note of press articles especially about research on issues such as sugar, alcohol etc. and anything that can affect oral health. You don't have to know a lot but certainly about one or two things and, again, show that you've followed them up with a bit of independent research.

Station 4: What is provision like in your home area? What is the balance between NHS and private dental care? Is it easy to get access to NHS dental care? Check if there is any information on dental health in the last report about your local NHS Trust. What do you think are the biggest health care issues for dentists these days? Note that it does say "health care" issues so don't get involved in issues about funding.

This is about what the latest research is saying about foodstuffs that cause us dental and oral damage, poverty which puts people off going to seek dental care, immobility of older people who therefore cannot attend dental surgeries (dental healthcare isn't done via home visits as medical care can be).

PREPARATION AND INTERVIEWS

DENTISTS

Station 5: Is the need for dentists mainly the result of poor lifestyle choices? Don't forget that a lot of dental problems are inherited. Others are the results of accidents. How can we persuade people to practise better dental care? Starting early is an obvious answer, i.e. targeting young people from as young an age as possible. However, we do need to keep topping that up with all other age groups and use campaigns that actually and physically demonstrate to people what oral health means in practice (i.e. more than just cleaning your teeth absent-mindedly once a day just before bedtime)? Lots of old people say that they wish they'd taken better care of their teeth – using their statements in adverts might work!

Station 6: Sketch and label the structure of the typical adult molar tooth. It is amazing the number of applicants who can't do this. You are not expected to have a great deal of dental knowledge but this is basic biology and you are more likely to be asked specifically relevant questions like this than medics or vets are in their interviews. Other questions may include one about wisdom teeth, what do you know about titanium, how would you distinguish between calcium oxide and calcium carbonate? Do your research.

Station 7: Discuss the view that cosmetic dentistry is just making money out of vanity. This is not just self-indulgence as sometimes people portray it. It can have a major impact on a person's self-image and self-confidence and therefore plays a very important part in feelings of overall wellbeing.

Station 8: The child patient. It is not unusual these days for dental schools to have actors who will role play being awkward patients, having panic attacks etc., and you are being tested on your ability to cope with a situation, on being able to keep calm and, above all, trying to keep the patient calm via, in this case, being very caring, talking quietly to them and winning them round to let you do the necessary checks or dental work.

Station 9: What shows you have good business skills? Most dental practices these days are run as businesses so showing that you've got some insights into business practice by having been involved in a Young Enterprise Scheme, some appropriate work experience etc. would be useful.

Station 10: How do you cope with stress? Please do not say that you don't get stressed. You are a human being, not an android, and saying you don't get stressed suggests little self-awareness, which in turn could cause others to doubt your empathy skills. Describe a situation where your intervention has made a decisive difference. This does not have to have been a life-threatening scenario – simply one where you can show that you took a lead, were persuasive, got others' agreement and had a good outcome. All of those things reflect well on your levels of confidence and communication skills.

What would you do if not offered a place to read dentistry this year? There is really only one answer they wish to hear and that is "see you next year – I shall re-apply", i.e. I am very determined to be a dentist and, as long as it is realistic, I shall keep applying.



PREPARATION AND INTERVIEWS

VETS

What qualities do you think a good vet needs to have?



Vets need to learn more than doctors as animals' anatomy and physiology are so varied (everything from a tarantula to a giraffe); they need to be more resilient (vets put down some patients in ways that doctors don't) and they are dealing with animals and their owners, the former not being able to communicate their symptoms and the latter rarely expert either and usually stressed on behalf of their pets.

Station 1: Why veterinary medicine? ...is the most obvious question and still the hardest to answer. The answer that must really be avoided is one along the lines of "I want to work with animals". This could be done by being a veterinary nurse, a zoo-keeper or Blue-Cross volunteer. The interviewers are looking for what is particular in being a vet and therefore the science - liking the challenge of analysing and diagnosing problems over a range of conditions and wanting an ongoing challenge because it is changing all the time, and all cases present differently etc. Vets are primarily problem-solvers. People don't usually consult them unless they think their pets have a problem and they are looking for the vet(s) to diagnose it, treat it and hopefully solve it for them.

Station 2: What evidence shows that you have the qualities a good vet needs? It is surprising how tongue-

tyed most candidates can be when detailing their experience and what they got from it. What goes down particularly well is when someone talks about how something done or seen was followed up by particular reading, research and action ("I saw cases of...so I followed up by researching its symptoms, methods of treatment etc"). Work at a veterinary practice, at a local stables, farm, wildlife sanctuary, zoo, animal dispensary etc – all are relevant and it is a good idea to get as much and as varied experience as possible. Contact your local Rotary and Lions Clubs as they are likely to have both current and recently retired vets among their members and they will probably be happy to advise and organise contacts for you. Something that shows you have business skills can be very useful too, so involvement in a Young Enterprise Company or work outside school would be good.

Station 3: What issues and research are you aware of and find interesting? This is straightforward, as long as you have looked at some research. Check the RVA website and ted.com for latest ideas and keep a note of any experience you get of particular conditions with particular animals and what you learn about their conditions and their treatment. Keep a note of press articles about potential breakthroughs in different areas of veterinary medicine. You don't have to know about them all but certainly about one or two and, again, show that you've followed them up with a bit of independent research.

Station 4: What is provision like in your home area? Most candidates have no idea and many don't even know what "provision" means. It means what are local services like, how accessible are they and how are they rated? Are there any specialist units (e.g a swan sanctuary)? Is there a shortage of vets so that it is difficult to get an appointment either at all or with the same vet so that there is/isn't continuity of care?

PREPARATION AND INTERVIEWS

VETS

Are there any particular vet issues in your local area? This will depend very much on the area of the country you are in and whether there are farms, wetlands or whatever, but it is a good question to ask your local vets. Make sure that all vet surgeries within travelling distance know that you are a prospective vet as they will certainly try to help you with suitable experience.

Station 5: What do you think of the culling of badgers? The trap to avoid is getting on a political hobby horse. State what you know of the arguments on either side of this one and evaluate them as you go along. Then go for an “on balance, I think...” sort of conclusion. Can organ transplants for animals be justified? ... best to take a very balanced approach, seeing both sides of the argument before stating your own opinion. Same with the question “are zoos ethical?” It would be good to have actual evidence to quote about zoos and good/bad practice you’ve seen or heard about.

Station 6: Are pets vanity projects? Vets certainly shouldn’t be encouraging the keeping of animals of any sort as vanity projects and there is a risk of endangered species becoming even more endangered, if having them becomes some sort of status symbol. There can be exceptions, however. John Aspinall’s two animal parks in Kent (Howlett’s and Port Lympne) house tigers and gorillas but research and conservation work are done and animals are re-introduced to the wild and, in some cases, have contributed to the gene pools of wild populations that might otherwise have disappeared.

Station 7: Do you like all animals? Vets can’t be expected to like all animals, just as medics can’t be expected to like all people, but it doesn’t stop you treating them. You can also not like something but find its anatomy, behaviour or evolution fascinating. It is common for actors to be used in interviews, playing the roles of stressed pet owners or people with irrational fears and you are asked to deal with them. The test is to keep your cool and do whatever you can to achieve a rapport with them and inspire their trust in you. One farmer (a real one) was asked to role play at being a miserable old so and so who greeted vets in the practical for their finals (a cow on his farm with a prolapsed uterus) with “why have they sent me a child, when I’ll know more than you?” The reply that impressed him most was “well, let’s work on this together and you can share your valuable experience with me”.

Station 8: How do you cope with stress? Veterinary medicine is a highly stressful career so they want to know what coping strategies you have, outlets, a life outside of your studies that can help you relax, restore your perspective and give you enjoyment.

Station 9: What would you do if not offered a place to read veterinary science this year? There is really only one answer they wish to hear and that is “see you next year – I shall re-apply” – i.e., I am very determined to be a vet and, as long as it is realistic, I shall keep applying.



PREPARATION AND INTERVIEWS

PHARMACISTS

What qualities do you think a good pharmacist needs to have?



Pharmacists must have a love of science so when asked 'why do you want to be a pharmacist?', start with the science! You must be able to communicate you like the challenge of problem-solving, of analysis and diagnosis, investigating how things work and understanding them and how pharmacy provides an ongoing challenge in that cases present differently. New things are being discovered all the time so there's enormous variety involved in pharmacy; the chance to work all over the world, work with different teams and, of course, impact on the lives of others in a particularly positive and satisfying way.

What qualities do you think a good pharmacist needs to have? A successful pharmacist needs great determination and they won't be beaten by problems. They are patient, meticulous, with a particular eye for detail, empathetic, tactful and a good communicator. At interview, you will be asked to give examples of how you work in a team, your capacity for hard work and coping with stressful situations.

What evidence is there that you have these qualities? This is a great question because it gives you the chance

to bring up all the relevant experiences you've had and research you know about etc. Interestingly, most candidates don't answer this well because they are modest about selling themselves and just not used to doing so. It may need a bit of practice – try talking in front of a mirror and practise the eye contact. One of the key qualities a good pharmacist needs to have is to be able to inspire other people's ready trust and confidence – not an easy thing at all – and showing at interview that you can establish a rapport with your interviewers will certainly impress them.

What work experience have you undertaken? This doesn't have to have been in a pharmacy, though get as much of that as you can. You will realise how careful the work has to be, the range of responsibilities involved, get insights into what working in a team is like and the sorts of patient and enquiry you have to deal with. There are lots of other ways in which you can show you have good people and communication skills, however. A good one is to help at an old peoples' home because the residents are usually on various medications and you can get insights into that.

Anything which shows you have business skills is good as well so join a Young Enterprise Scheme if your school does it. Remember the personal LORIC – Leadership, Organisation, Resilience, Initiative and Communication and the academic LORIC – Love of Learning, Open Minded, Reading and Research, Interesting to Teach and Critical Thinker. All of these qualities are great for a course and career in pharmacy.

What have you learnt from your work experience? Most interviewees only give half an answer. They say what they've learnt about pharmacy but rarely what they've learnt about themselves as potential pharmacists, i.e. what qualities they realise they have, need to develop, work on etc.

PREPARATION AND INTERVIEWS PHARMACISTS

Again, it is common to ask how candidates may have followed up on any cases, conditions they encountered as part of their work experience and it is surprising how few have done so. Do a bit more research on some of the conditions you encounter, what the symptoms might be, how they present themselves, what different treatments there might be etc. You won't be expected to know a lot but evidence that you've done some independent research of your own will go down well.

Which research you have undertaken has most inspired you? Useful websites to look at are ChemRefer.com, ChemBioFinder.com and toxnet.nlm.nih.gov. The Royal Pharmaceutical Society of Great Britain has a website at rpharms.com and The British Pharmaceutical Society at www.abpi.org.uk. Chemistry is obviously key, so look

carefully at some of the books recommended on the reading list that can be found via your school/college on the PiXL website. Ted.com is excellent and look for an appropriate MOOC course among those offered online by Futurelearn.com

Keep a portfolio of what you do so that you don't forget anything and use it when you come to write your personal statement and prepare for any interview. Use this booklet as a start to note down where you can demonstrate the skills required. When you do write your personal statement, keep it simple and clear. It is wise to get your application in relatively early – a strong application, submitted early, is more likely to attract a slightly easier offer. There's a lot to think about and do but it's well worth it – so very best of luck.



