

Top tips from students who went through the University application process recently.

Before you start the process

- Do some worthwhile experience that you're able to reflect on - volunteer at the hospital, hospice or local care homes. Write down any interesting experiences that you can reflect on as part of your personal statement and at interview.
- Read through prospectuses and websites of any universities you are considering. Have a good idea of the amount of clinical time, types of learning e.g. lecture vs problem based learning etc. as this may be explored at interview.
- Consider joining the student BMJ or other professional body as they often have good advice on applying to university and have articles which may be useful to discuss at interview to show your interest in the degree.
- Have a look on the internet at free resources (there are a lot out there) - BMA website, HYMS becoming a doctor, individual medical school pages.

Personal Statement

- Get a few people to cast an eye over your personal statement- this is the first thing the university reads about you
- Get good references from your teachers – give them information about any volunteer work or experiences you have had, especially ones which you cannot fit in your personal statement.

Before the admissions process

- Revise for the UKCAT, online tests and books are useful (I used the book - 600 UKCAT questions), points from this can affect your application score.
- Make a list of things you'd like to get across throughout the whole circuit of Multiple Mini Interviews (MMI) then refresh yourself on the list before you go in.
- Practice talking to people who aren't your parents, even if it's not in an interview setting.
- Read student BMJ articles and current ones in the news.
- Prepare for frequently asked questions (see the University Interview top tips sheet at www.hdft.nhs.uk/about/education-liaison/)

Once the process is over:

- Enjoy your summer between school and uni - you won't get such a long break again!
- Yes there is a jump between school and uni, but stick in there, you'll get used to it and talk to your classmates, you're all in the same boat!
- Keep a social life. This is important at uni and when you're working - you need some time to relax.
- Make friends with people studying other courses and/or join societies that aren't related to your course.
- Be proud of yourself. You've done so well to get this far.