Name:

Work Experience Log

Use this logbook to both plan work experience and record any experiences you have during your placements.

Tips:

* Make sure you take opportunities to ask questions – if you don’t understand something, ask someone to explain it to you.
* Talk to everyone – not just doctors! Nurses, other healthcare professionals can give you an idea of what it’s like working in a team!
* While you’re on your work experience, make sure you look out for examples of the **essential attributes** of a doctor
* Remember, the medical schools aren’t just interested in the experiences you’ve had, they want to see that you’ve **reflected** on them and what you’ve **learned** from the experience.

How to reflect: [Taken from Gibbs’ reflective cycle – commonly taught at medical school]

1. Describe the situation – *what, where, who?*
2. Feelings – *how were you/others feeling, before and after the situation?*
3. Evaluation – *what was good/bad? How did people contribute to the situation (positively or negatively?)* ***(think about essential attributes here)***
4. Analysis – ***why*** *did things go well or not so well? What sense can I make of the situation? What knowledge can help me understand the situation?*
5. Conclusion – *what did I* ***learn*** *from this situation? How could it have been more positive? What skills do I need to develop to be able to handle a similar situation? What else could have been done?*
6. Action Plan – *If this situation happened again, how would I handle it? How can I develop the skills I need?*

More about Gibbs’ reflective cycle: <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>

# Work Experience Organisation

Organising work experience can be difficult.

Use this table below to help you keep track of potential placements.

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| --- | --- | --- | --- | --- | --- | --- |
| **Type of work experience** | **Location** | **Contact** | **Email** | Date contacted | **Status***Declined / awaiting response / accepted* | **Start date** |
| *Hospital* | *Royal Infirmary of Edinburgh* | *Dr John Smith* | *John.smith@doctors.com* | 01/02/22 | *Awaiting response* |  |
| *Care Home* |  |  |  |  |  |  |
| *GP* |  |  |  |  |  |  |
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# Hospital Work Experience: *[Name of Hospital]*

## Dates:

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| **Date of experience:** | **Experience:** *Describe the event, who was involved? (patient, consultant or junior doctor, nurse etc), what was the problem?, how was it solved? What attributes/values were demonstrated to you?* | **Reflection:** *How did you feel during this experience? How do you think the people involved felt? What key attribute was demonstrated? What did this experience teach you/what will you take forward?* |
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# GP Practice: *[Name of GP Practice]*

## Dates:

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| **Date of experience:** | **Experience:** *Describe the event, who was involved? (patient, consultant or junior doctor, nurse etc), what was the problem?, how was it solved? What attributes/values were demonstrated to you?* | **Reflection:** *How did you feel during this experience? How do you think the people involved felt? What key attribute was demonstrated? What did this experience teach you/what will you take forward?* |
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# Care Home: *[Name of Care Home]*

## Dates:

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| **Date of experience:** | **Experience:** *Describe the event, who was involved? (patient, consultant or junior doctor, nurse etc), what was the problem?, how was it solved? What attributes/values were demonstrated to you?* | **Reflection:** *How did you feel during this experience? How do you think the people involved felt? What key attribute was demonstrated? What did this experience teach you/what will you take forward?* |
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# Other Experiences:

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| **Date of experience:** | **Experience:** *Describe the event, who was involved? (patient, consultant or junior doctor, nurse etc), what was the problem?, how was it solved? What attributes/values were demonstrated to you?* | **Reflection:** *How did you feel during this experience? How do you think the people involved felt? What key attribute was demonstrated? What did this experience teach you/what will you take forward?* |
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