

**HAVE YOU EVER
WONDERED**

**WHAT SKILLS DO I
NEED TO WORK IN
HEALTHCARE OR
MEDICINE?**

**WORK EXPERIENCE IS VITAL IF
YOU WANT TO START A CAREER IN
HEALTHCARE – IT WILL ALLOW YOU
TO DEVELOP THE SEVEN CORE
SKILLS YOU'LL NEED FOR SUCCESS**



PREPARE TO SUCCEED



Do you want to study a health professional degree such as medicine, nursing or paramedic science? Or maybe undertake an apprenticeship with the NHS?

If so, it is important that you gain relevant experience to help build the skills that will later support your application to university or the NHS, and to ensure it is the right career choice for you.

WHY IS EXPERIENCE IMPORTANT?

Experience can help you develop your transferable skills, such as communication and organisation, and allow you to demonstrate the right skills, attitudes, behaviours and values that are important to the NHS in delivering high quality and compassionate person-centred care.

All universities and NHS employers look for core skills and values in their applicants, and it is likely that you have already begun to develop many of these skills whilst at school, or during part-time employment.

What is important is **how** you reflect on your experience and skills within your application and at your interview to university or employment. You need to explain:

- What you have learned from your experiences
- Acknowledge any new skills that you develop
- Describe how you have built your knowledge of a particular health profession and the skills needed to be successful in it.

REMEMBER

Valuable experience can be gained in many non-clinical settings, such as voluntary work in local charity shops or part-time paid positions within the retail or hospitality sector.

Lots of charities and community centres have health professionals who work for them part-time. Keep an eye out for flyers advertising support groups or workshops that might be delivered by a health professional – you could contact them to see if they would be willing to talk to you about their career.



SEVEN CORE SKILLS

Universities and NHS employers expect their applicants to demonstrate the core values embedded in the NHS Constitution. You can find a detailed overview of the NHS values by visiting the NHS website.

If you base your experience around the seven core skills below, you'll be on your way to evidencing the core values embedded in the NHS. This evidence is vital to support your application to university or employment.

1

Team-work

5

Trustworthiness
and dependability

2

Self-awareness

6

Initiative and responsibility

3

Confidentiality

7

Communication
(verbal and written)
and interpersonal skills

4

Empathy and
compassion

REMEMBER

You don't need experience in a clinical setting, such as a hospital, to demonstrate these skills. As long as you can show **how** your experience supports the seven core skills, it is valuable experience.

OPPORTUNITIES

PART-TIME WORK

VOLUNTEERING

**PLACEMENTS PROVIDED
ON CERTAIN COURSES**

TUTORING

SUMMER SCHOOLS

SCHOOL CLUBS

Remember – everything you do can be considered experience if it helps to build the seven core skills.

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**NHS Health Careers
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