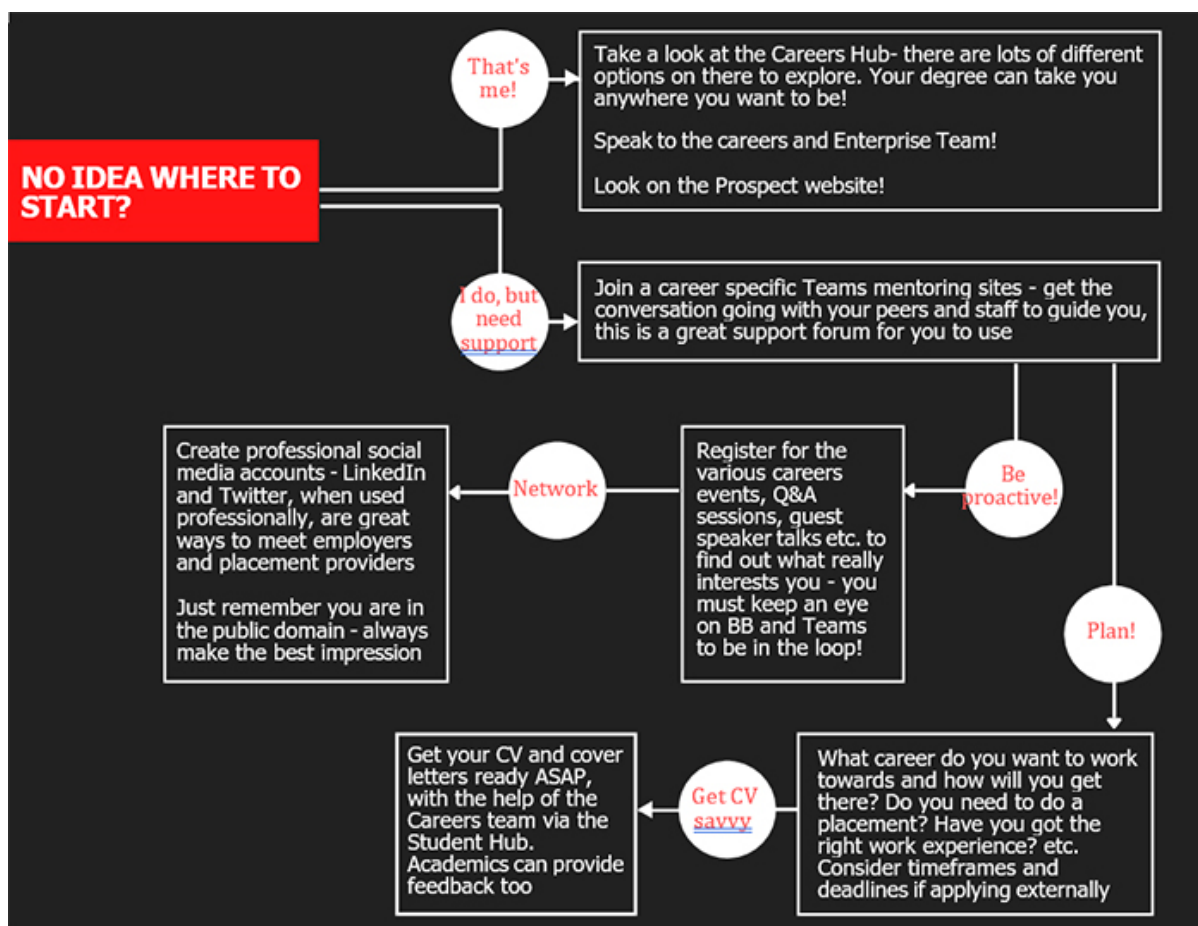


## A practical guide to biomedicine career planning

Aimee Pinnington and Sara Namvar

Whilst at university it is vital that you start planning your career as early as possible. The Biomedicine academic team have prepared some guidance for you! 'How to start planning your career' will support you in assessing where you are up to at this moment and also provide some immediate steps you can take. 'Building a strong CV whilst at university' is ideally suited to first and second year students who have lots of time to get career savvy!

### How to start planning your career



## Building a strong CV whilst at university

Your priority must always be to achieve the best possible grades. However, extracurricular activities help you build a vast range of additional skills that not only build your CV and make you more attractive to employers, but they also make you more confident and allow you to have fun! It can be difficult to select appropriate activities both (on and off campus) to suit your career of choice.

The table below is by no means exhaustive, but maps out recommended activities to support your career of choice. In addition to these, the library, SU and careers & enterprise team offer a huge range of development opportunities. You may wish to become a student rep, ambassador at open days or mentor, which will help with all careers. Ultimately there is no right or wrong and the important thing is to get involved! You must start drafting your CV from the first year and continue developing it throughout your time at university.

### Year 1-2

BMS careers	<ul style="list-style-type: none"> <li>Join BMS careers mentoring group IBMS e-student membership.</li> <li>Engage with Biomedsoc activities e.g. book club, art and magazine PassionFlash and outreach.</li> <li>Students' Union, community and NHS volunteering.</li> </ul>
GEMMS-PA	<ul style="list-style-type: none"> <li>Join GEMMS-PA mentoring scheme.</li> <li>Engage with Biomedsoc activities e.g. book club, art and magazine PassionFlash and outreach opportunities Community and NHS volunteering.</li> <li>Seek employment in caring positions Network and seek shadowing Medicine/Dentistry applicants: Train for UKCAT/GAMSAT.</li> </ul>
Research	<ul style="list-style-type: none"> <li>Join the RCWG Attend seminars and journal clubs.</li> <li>Engage with Biomedsoc magazine.</li> <li>PassionFlash and outreach opportunities.</li> <li>Join learned societies e.g. Physiological Society.</li> </ul>
Teaching	<ul style="list-style-type: none"> <li>Join the teaching mentoring scheme.</li> <li>Engage with Biomedsoc activities e.g. book club, art and magazine.</li> <li>PassionFlash and engage with Biomedicine Outreach Team &amp; SEE public engagement activities.</li> <li>Volunteer for open days, become a mentor through the Students' Union, take up external mentoring/tutoring.</li> </ul>

### Placement year?

BMS careers	<ul style="list-style-type: none"> <li>IBMS accredited placement strongly recommended.</li> <li>Start building your CV early and network early!</li> </ul>
GEMMS-PA	May add value - but not essential. if you decide to do one, a clinical research project is recommended.
Research	<ul style="list-style-type: none"> <li>A research placement either on or off campus strongly recommended.</li> <li>Start building your CV early and seek out opportunities.</li> </ul>
Teaching	May add value - A teaching focused research project suggested.

### Year 3

BMS careers	Continue with some activities from year 1 and 2 - perhaps taking a leading role if possible.
GEMMS-PA	<ul style="list-style-type: none"><li>• Continue with some activities.</li><li>• Must have built strong record of experience and volunteering. Shadowing highly desirable.</li></ul>
Research	Continue with some activities from year 1 and 2 - perhaps taking a leading role if possible.
Teaching	Continue with some activities from year 1 and 2 - perhaps taking a leading role if possible.

### Next steps

BMS careers	<ul style="list-style-type: none"><li>• Early career BMS/MLA.</li><li>• May apply for NHS Scientist Training Programme (STP)</li></ul>
GEMMS-PA	<ul style="list-style-type: none"><li>• 2-year Msc physician associate studies</li><li>• 4/5 year medicine or dentistry degree</li></ul>
Research	<ul style="list-style-type: none"><li>• MRes or PhD Industry lab</li><li>• May apply for NHS Scientist Training Programme (STP)</li></ul>
Teaching	Postgraduate teacher training