

# A GUIDE TO CAREER PLANNING DURING CORONAVIRUS

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For many doctors, career planning and preparation has been significantly disrupted as a result of the required rotation re-allocations. The traditional 'test out the career in a rotation' has been interrupted, mentors may not be as available and career progression may be difficult.

Below is some simple, effective techniques to assist the Doctor-In-Training if their traditional options are not longer available.

## STEP 1 - Knowledge is Power

- Make yourself familiar with all medical career pathways available
- Consider the skills, knowledge and attributes that are required for those pathways and ask yourself "Can I see myself in this field?"
- EXERCISE - Find a list of available medical specialties and make notes on what the job entails (Skills, knowledge and attributes)

## STEP 2 - Reflect on your current experience

- Use every opportunity to reflect on the encounters you are experiencing as a career planning tool.
- You can break these down into *Skills, Knowledge, Interpersonal* and *Values*.
- For example, you may be allocated to Emergency but know you don't want to pursue this pathway. Use this time to reflect on presentations or encounters that you are enjoying as a way of career planning.
- EXERCISE - Write down 10 encounters per day that you enjoyed. Allocate them a descriptive title such as 'communication', 'imaging interpretation', 'procedure' etc

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## STEP 3 - Consider your core values

- Awareness of your individual core values and applying these to career planning is powerful tool.
- Do you know what your core values are? If not, you need to find out!
- EXERCISE - Spend some time considering your values (There are comprehensive example lists on google if you're stuck!). Write a list of your values and see if these fit into your medical careers shortlist.

## STEP 4 - Summarise

- Steps 1 - 3 has prepared you for Step 4, which is to summarise your new knowledge.
- You now have a thorough understanding of all available careers, an understanding of what broad skills and attributes you are interested in and your values.
- EXERCISE - Compare your exercise 2 and 3 findings and then shortlist some careers you feel may fit using the information in exercise 1.
- For example: 'Communication skills' and 'procedural skills' (Step 2) PLUS 'Time & Freedom' and 'Creativity' (Step 3). Use these as a guide to consider careers (Example - Procedural GP, gastroenterologist, Respiratory physician etc)

## STEP 5 - Relax

- Congratulations!! You have moved from uncertainty to having a shortlist of careers. This is a huge achievement.
- Now its time to relax your career concerns, continue to build connections and networks and prepare yourself for when the opportunities come rolling in.