

# SEPTEMBER 2018

# NEWSLETTER

## NATIONAL HEALTHCARE WEEKENDS

GET INVOLVED IN THE MEDIC MENTOR  
COMMUNITY THIS NOVEMBER



MEDIC MENTOR SCHOLARSHIP STUDENTS, WHO HOSTED THE CONFERENCE IN JULY: ISABELLE SMITH (LEFT) FROM BIRMINGHAM & JOSEPH DEAN (RIGHT) FROM NEWCASTLE MEDICAL SCHOOLS

The last NHW took place in July in London. The Mentors enjoyed inspiring another new cohort of future medics, dentists and veterinary students. We welcomed roughly 200 new parents and students into the Medic Mentor family, who are already getting actively involved in making a difference to the wider Medic Mentor community; some are volunteering as student co-ordinators at the next NHW events this November, whilst others have been contributing to the Mentor Magazine and submitting essays for the Medic Mentor National Essay Competition. We remain impressed by the high standard of the student applications to join and engage with Medic Mentor. It seems that the enthusiasm and dedication of our students knows no bounds!

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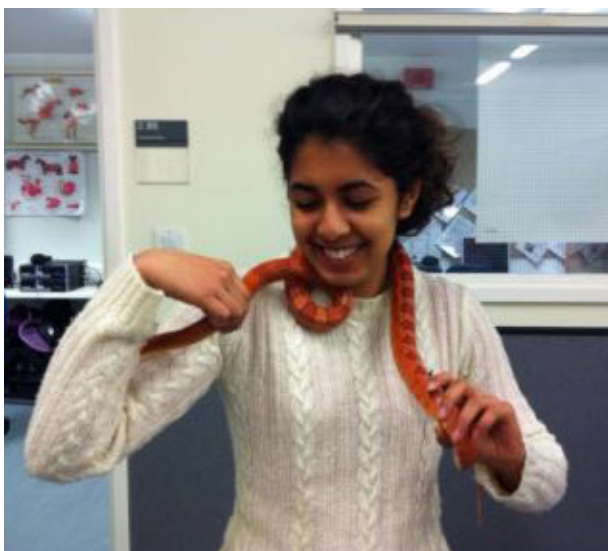


MEDIC MENTOR SCHOLARSHIP STUDENT, RACHEL THAVAYOGAN FROM NOTTINGHAM MEDICAL SCHOOL

Of course NHW would not have happened without the hard work of the Mentors who presented; the Presenter Scholars and the Student Co-ordinators, who were guided by our Veterinary Leadership Scholar, Bhavisha Patel. Bhavisha was responsible for putting together an excellent line-up of speakers and co-ordinated the overall running of the day. She even found time to give a 15 minute presentation on the breadth of Veterinary careers. Medic Mentor congratulates Bhavisha for both completing her Leadership Scholarship to an exceptional standard as well as graduating from Bristol Vet School this summer!

We would also like to say a special thank you to Dr Sally Argyle, Associate Dean and Director of Admissions for Edinburgh Vet School, for taking the time to present at the conference and inspire our future vets. She provided valuable insight from the perspective of an admissions tutor and what makes Edinburgh so unique. She also discussed her career in academia.

LEADERSHIP SCHOLAR, DR BHAVISHA PATEL FROM BRISTOL VET SCHOOL



DR SALLY ARGYLE, DIRECTOR OF ADMISSIONS FOR EDINBURGH VET SCHOOL





CHLOE KUMAR, YEAR 12 STUDENT, MEDIC MENTOR SCHOOL AMBASSADOR AND SUMMER SCHOOL CLASS OF 2018



DR REBECCA NORTON, RVC AMBASSADOR AND WINNER OF THE MEDIC MENTOR ORAL PRESENTATION PRIZE

We have to give our applying student presenters a special mention for their inspirational contributions at the Insight Conferences. They demonstrated excellent presentation skills, courage, honesty and a willingness to help their peers; by sharing their personal journeys. Our student presenters continue to pave the way for future generations of students to follow.

Miss Chloe Kumar, Year 12 (now Year 13) Medic Mentor School Ambassador and Summer School Class of 2018, inspired a room full of new parents and students; recounting her own journey and her genuine desire to pursue a medical career. Miss Tanvi Madani, Year 12 (now year 13) is also a Summer School Class of 2018 student, and Schol-ar's Prefect at Upton Court Grammar School. She shared her experiences of applying as an aspiring dental student and what she had done to maximise her dental application.

They were supported by several excellent Mini Mentor conference coordinators. These students demonstrated incredible leadership and team-work by working alongside the Scholars and Pre-senters; organising the conference on the day and supporting new parent and student delegates, whilst also managing to keep the presenters on time!

Student Conference Co-ordinators (Mini Mentors) in July 2018:

Kordian Ceglarz, Joe Grabauskas, Angel Williams, Fiza Nawaz, Nareh Ghazarians, Amina Abdal-la. They have all been awarded certificates for demonstrating excellent leadership.

Prizes for 'Best Oral Presentation' were awarded to the following Presenters for each specialty:

Dr Simon Braithwaite, Trauma and Orthopaedics FY1 doctor working at Homerton Hospital.

Dr Kate Wood, Paediatric Dental Registrar working at King's College Hospital and the Eastman Dental Hospital.

Dr Rebecca Norton, recent graduate from the Royal Vet College (RVC) and an RVC Ambassador.



# MEDIC MENTOR AWARDS 2018

A hub for developing future healthcare leaders

We also give special thanks to all of the speakers who were involved in presenting; they will all be invited to attend as special guests at the Medic Mentor Awards Evening on the 1st of December 2018.



## UPCOMING DATES AND LOCATIONS



Scotland: 3rd and 4th November 2018 (Medicine and Veterinary)

Birmingham: 10th and 11th November 2018 (Medicine only)

Exeter: 17th and 18th November 2018 (Medicine only)

London: 24th and 25th November 2018 (Medicine, Dentistry and Veterinary)

Scotland: 23rd and 24th March 2019 (Medicine and Dentistry)

London: 30th and 31st March 2019 (Medicine and Dentistry)

Wales: 6th and 7th April 2019 (Medicine only)

London: 6th and 7th July (Medicine only)

## HOW TO GET INVOLVED:

If you are new to Medic Mentor and have not had a chance to attend yet, registration has opened now! Please click the link below to register today:

<https://medicmentor.co.uk/national-medic-mentor-weekend/>

Medic Mentor's Student Diversity Fund will also provide free places to students and parents from low-income backgrounds, making NHW accessible to students from all backgrounds. Eligibility details are available here: <https://medicmentor.co.uk/the-student-diversity-fund/>

Try to get involved as early as you can to get the most out of being a part of the Medic Mentor community. Existing Medic Mentor students can use this as an opportunity to present or volunteer as a conference coordinator. If you are interested in volunteering, please email [president@medicmentor.org](mailto:president@medicmentor.org). No previous experience is necessary, however, you must have attended NHW before, so that you are aware of what to expect!

## OPPORTUNITIES FOR OUR MENTORS

### DOCTORS, VETS AND DENTISTS

We are always looking for inspirational speakers at NHW conferences, to inspire our new cohort of students. If you are interested in presenting, please contact the Leadership Scholars, Vincent Ng (for doctors), Bhavisha Patel (for Vets) and Sohail Vyas for dentists, by emailing [leadership-scholar@medicmentor.org](mailto:leadership-scholar@medicmentor.org)

## TIP OF THE MONTH

### DO NOT PAY FOR WORK EXPERIENCE

Following discussion with several admissions tutors, it has emerged that overall, students who pay for work experience placements through companies that offer such schemes in the UK or abroad are often reviewed in a negative light. Firstly, work experience can be obtained for free in the UK. Although placements can be difficult to organise, we can provide guidance on how to go about acquiring these. In doing so, students demonstrate initiative, commitment and organisational skills, when they are successful in obtaining work experience. These attributes are highly valued by selectors.



# INTRODUCING OUR NEW VICE PRESIDENT FOR SCOTLAND 2018-2019

Dr Alexander Czepulkowski



Hi my name is Alex. I am a CT2 doctor doing core medical training in the North of Scotland. I graduated from the university of Cambridge in 2012 and since then I have taken a rather unusual career pathway. My medical journey has taken me to Wales, England, Northern Ireland, Nepal, Honduras, Colombia, Fiji and now Scotland. During this adventure I have had many experiences (Some pleasant, others not), which have consolidated my love of medicine. I now wish to share this passion with the next generation of doctors. I started working with Medic Mentor last year and have not looked back since. I feel that it is a very worthwhile and rewarding thing that they do, and I feel extremely privileged that they have asked me to be their Vice President of Scotland.

You can follow Dr Alex on twitter @DCzepulkowski





# SCHOOL AMBASSADORS UPDATE

## ENGLAND AND WALES HAVE THEIR FINAL COUNCIL MEETING & NEW SCHOOL AMBASSADOR APPLICATIONS OPEN!

On the 7th July, the 2018 England and Wales School Ambassadors met for the final time. During the council meeting, Ambassadors learned about the importance of leadership skills, and developed their presentation skills in small groups. They were assisted by two Medic Mentor Scholars who have recently completed the Presenter Development Programme: Josh Mukerjee, 1st Year Medical Student at UCL and Isobel Hall 2nd Year Medical Student at the University of Warwick. They also had lectures delivered by Dr Iain Kennedy, Vice President of Publishing and Dr Siva, President of Medic Mentor.

'Presentation skills are really important for aspiring students because they boost one's confidence and ability to communicate well. Having the opportunity to learn from Presenter Scholars like Josh and Isobel would have been invaluable. As a Leadership Programme, it clearly works, and the School Ambassadors have done an excellent job in terms of improving their own skills and giving us valuable feedback to make the programme even better next year – the general impression was that they wanted more! In response to this, we have decided to add an extra council meeting to the programme next year. This is a much-needed platform for future leaders, and we have a responsibility at Medic Mentor to nurture these talented individuals.'

- Dr Siva, President of Medic Mentor

# SCHOOL AMBASSADOR APPLICATIONS

ARE NOW OPEN FOR ACADEMIC YEAR  
2018-2019

We are giving motivated and exceptional students the opportunity to join Medic Mentor's School Ambassadors Council. These councils will give Medic Mentor students a chance to engage further with the organisation, create initiatives that will be of benefit to their colleagues, and demonstrate excellent leadership skills in preparation for joining as future mentors and scholars! The discussions at council meetings will encourage the Widening Participation team at Medic Mentor, to develop projects that are most likely to have the greatest impact on students nationally.



SCHOLARSHIP STUDENTS JOSH  
MUKHERJEE AND ISOBEL HALL  
DIGESTING THE MENTOR MAGAZINE

## SELECTION CRITERIA



We are looking for future leaders who demonstrate enthusiasm, a passion for learning, and who want to make a difference. Selectors will be looking for students who are eager to improve their transferable skills, particularly leadership. Students must be interested in becoming doctors, dentists or vets. We will not be taking into account academic grades or year groups. We value experience, motivation and ideas above all else. There can only be a maximum of 3 School Ambassadors per school from year 10 or S3 upwards.

Please note that you must also acquire permission from your school to represent them as part of the School Ambassadors Council. All selected Ambassadors will receive free training and mentoring to develop their transferrable skills and confidence in preparation for university applications. They will be awarded with Leadership Certificates and be recognised at the Medic Mentor Awards in 2019.



# Medic Mentor



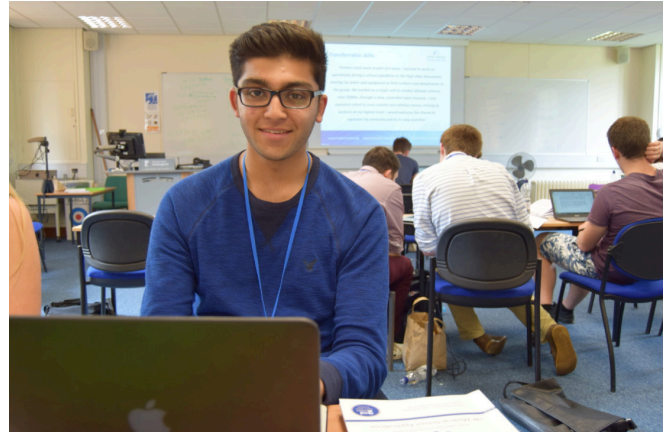
# SUMMER SCHOOL 2018

HOW DID THE SUMMER SCHOOL GO THIS YEAR? WE ASKED 2 SCHOLARSHIP STUDENTS WHO HAVE ATTENDED AS APPLYING STUDENTS AND RETURNED AS MENTORS THIS YEAR, TO SHARE THEIR PERSPECTIVES

'The summer school was ideal for me applying to medical school, as it covered almost every aspect of the application process. Going through everything I needed to know in just a week was great. Despite its intensity, I found it really enjoyable to work with and alongside so many enthusiastic and passionate people, including both the Mentors and the other students. My experience as a student was why I decided to come back as a Mentor; I valued the advice and support of my Mentors back when I was applying, and I wanted to do the same for others. Being a Mentor was even more enriching; getting to know all the students and helping them from pastoral care to personal statements, and even to just giving them general advice about the application process. I found the whole experience very rewarding and enjoyable.

I was able to develop my teaching skills and to advise students on every aspect of their application. Being able to help so many students so profoundly, has deeply reinforced my love of teaching and the Summer School has motivated me to improve my skills further, as I return to Medical school for another year. As both a Mentor and a student of Medic Mentor's Summer School, I have appreciated first-hand the impact that it has on making medical applications successful. I also enjoyed being involved in the logistics of organising the Summer School on the ground, being present for all three weeks this Summer. Seeing how it all came together behind the scenes and being an integral part of this, has developed my own organisation and problem solving skills, which will be really helpful on my undergraduate course as there is an increasing focus on self-directed learning.

In conclusion, the Summer School provided me with essential knowledge and skills to become a successful medical school applicant.



Ammar Lakda (above) as a year 12 applying student working on his personal statement at the Summer School in 2016

Ammar with the other Mentors at the Summer School below. He has just finished his 1st year at UCL and awarded a Medic Mentor Scholarship!



As a medical student now, I still draw upon the skills I developed two years ago and I knew as soon as I finished this course that I wanted to return as a Summer School Mentor. The mentoring experience has allowed me to develop further skills that are essential to medicine, but more importantly for me, I was able to meet so many amazing like-minded people. It is this personal side of mentoring with Medic Mentor that really makes the experience worthwhile. I kept in touch with many of the applying students from my Summer School cohort, and it was great to see some of them coming back to join me as a Mentor this Summer. Overall, Medic Mentor has created a totally unique experience here; one that keeps giving and keeps getting better each year. All of our feedback was listened to and incorporated across the three weeks and I hear they are adding an entire day to the programme next year – I'll definitely be enquiring about returning as a Mentor next year! Thanks and see you all soon!



I first came across Medic Mentor as an aspiring medic about two years ago. Now as a second-year medical student at the University of Leicester, I often fondly look back at the friends and memories I made during my week with them. Similar to many others who were applying for the coveted few places, I would constantly worry about how to make my application stand out from the crowd and how to come across properly during my interview. The help I had from all the Mentors during my week at the Summer School, was indispensable in putting my mind at ease and making me believe in myself and my application. The dedication they showed in helping me is what motivated me to apply to come back as a Mentor myself, two years later.

My role as a Mentor has taught me how challenging it can be having a student looking up to you and trusting you to assist them on their personal statements. Despite being a huge responsibility, the whole Summer School experience proved to be incredibly rewarding;

**KEERTANA ANNE IN YEAR 12 AT THE  
SUMMER SCHOOL IN 2016**

especially when they finally finish writing and start cutting down...and when they hit that magical target of 4,000 characters and 47 lines – super satisfying!

The workload as a Mentor was tough and the hours were taxing, but the relief both you and your mentees get from that finished piece of work makes it all worth it. In a way I can see how this whole process mirrors supporting patients as a doctor. Working with the other Mentors also boosted my sense of camaraderie; being able to bounce ideas off them really taught me the importance of working in a team. From my time with Medic Mentor, I have found that the Summer School can be an emotional journey for both Mentors and mentees. I believe it has been an important experience for all of us to go through, teaching us about working under pressure and working with your peers. I feel that as Mentors, we have all come away from the week having learnt something more about ourselves; what we can really achieve when we put ourselves out of our comfort zones and apply ourselves just that little bit more – what Medic Mentor would call, 'taking it to the next level!' See you next year!



**FOR SUMMER SCHOOL 2019, 2020 AND 2021  
FIND MORE DETAILS AT [MEDICMENTOR.CO.UK](https://www.medicmentor.co.uk)**



# MENTOR

SUMMER/AUTUMN 2018



# INSPIRATIONS



# WHAT TO EXPECT IN THE LATEST ISSUE OF THE MENTOR MAGAZINE?

'INSPIRATIONS' Summer/Autumn 2018 Issue: Editorial by Anna Harvey

For many of you this issue will find you at a time of upheaval – perhaps you have just entered your last year of school, and A Level examinations and UCAS forms are approaching; for some of you this may reach you as you pack up your belongings into boxes, ready to move across the country and start your university careers.

I hope the articles we have brought together in this issue reaffirm your desire to enter your chosen profession at what can be a difficult time. Our 'Inspiring Each Other' feature, found from page 9, brings together the perspectives of students from many different backgrounds and circumstances, all of whom have been inspired by teachers, healthcare professionals, and indeed by their peers, to persevere in their efforts, even through setbacks.

As aspiring healthcare professionals, supporting one another to develop the twin skills of teamwork and leadership, is essential. This can only be done by working collaboratively with your peers. Yes, many healthcare professions are competitive, but it is important to remember that there are many pathways into these professions, and by supporting and inspiring one another, those with the commitment and drive to achieve, will succeed – and often beyond any expectation!

This issue also contains articles tackling some of the big issues facing us as we continue to journey through the 21st century. On page 31, we discuss the effect of plastic pollution on human and animal health, and investigate how both policy and personal changes play a role in reducing the amount of plastic in circulation. Health inequality in the UK is assessed on page 59, highlighting the inequalities in health between the most affluent areas and the poorest; evaluating the potential policy changes in health and social care that are needed to improve this.

Across two articles on pages 51 and 55, the efficacy and ethics of gene editing are discussed in depth – an issue that will only become more relevant for the doctors, dentists and vets of the next century. All in all, this issue is full of articles that should make you think. How can we improve interdisciplinary communication and teamwork? How does animal health affect human health? How can the healthcare service become sustainable? If you can answer any of these questions in 1200-2000 words – please get in touch! We would love to hear from you.

For more information on how you can get involved, please contact Anna Harvey (Editor) on [mag@medicmentor.org](mailto:mag@medicmentor.org) or see the inside back cover of Mentor Magazine for the details of our next issue, Autumn/Winter 2018, which is themed 'CONNECTIONS.' Very best of luck to all of you who are currently applying to medical, dental or veterinary school – be yourself, show your passion, and aspire to inspire!

## DON'T FORGET TO SUBSCRIBE

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You can stick as tightly or loosely around the theme as you like. Got an idea that fits around the theme? Fantastic! Want to write, but not sure where to start? We can provide a list of potential article titles as well as a comprehensive writer's guide and personal guidance and help from the Editor. If your work is published in the Magazine, you will be given the opportunity to buy the magazine at a special contributor's rate; a certificate for your portfolio; and a reference from the publishing team. Don't hesitate to get in touch with Anna, the Editor of the Magazine, at [mag@medicmentor.org](mailto:mag@medicmentor.org), with any questions, ideas or finished pieces!