

Information gathering



Whilst it can be difficult to find the time, information gathering will not happen by accident and you will need to put some time aside to seek out more to better understand the pathways available to you. This will include information to help you make and confirm your decision, as well as logistical information around the application process. Some of this information is internal and the other activities on the PSU website will help you focus on this internal information. You should also seek external information from a variety of sources:

- Speak with Junior doctors in your chosen specialty/ies, try to get a balanced viewpoint by speaking with a few different trainees at different stages.
- Speak with Consultants in your chosen specialty/ies, remember you will be a consultant for much longer than you are a junior doctor and sometimes the consultant day-to-day job differs substantially from the junior doctor day-to-day job.
- Organise taster days/weeks, these usually need to be sorted out quite well ahead of time so start early.
- Decision-making help - <https://www.bma.org.uk/advice/career/applying-for-training/sci59-medical-specialty-psychometric-test>
- Some basic specialty information
<https://www.healthcareers.nhs.uk/Explore-Roles/Doctors/Roles-Doctors>
- More detailed specialty information
 - Competition ratios - <https://specialtytraining.hee.nhs.uk/Competition-Ratios>
 - Person specifications for each specialty
<https://specialtytraining.hee.nhs.uk/Recruitment/Person-specifications>
- What happens in the application process
 - The applicant guidance provides an overview of the application process and those principles that apply across the specialties You will also find the lead recruiter information in this handbook – this tells you which organisation runs the recruitment process for each specialty. Their websites will provide information about the specific details of the recruitment process for each specialty.
<https://specialtytraining.hee.nhs.uk/Recruitment/Application-guidance>
 - The recruitment timeline, this does not change much from one year to the next -
<https://specialtytraining.hee.nhs.uk/Recruitment/Recruitment-timelines>
 - Information on Oriel, the platform that you will use to find jobs and make your application - <https://specialtytraining.hee.nhs.uk/Recruitment/Oriel-Making-your-application>
- Talk to your family and friends, they know you and may be able to help you work out the best way forwards.