What last last year's students said about Healthcare Futures...

“I have really enjoyed taking part in this programme. The advice, experiences shared and information given about various job roles have been very beneficial in helping me decide what course I should apply to. Thank you so much for the wonderful time!”

"The speakers are so lovely and are very kind to give up their time to help students like myself make key decisions regarding our future prospects."

"The sessions have really allowed me to become open-minded rather than closing off different professions. It has definitely made me consider many options rather than just what I initially wanted to do."

"I have learned that there are so many careers I don’t know about and how it is important to research as much as I can and to have an open mind and to always do what I’m happy with."

"I have really enjoyed hearing from people who are interested in similar professions to me, and learning more about university has been really interesting and has helped me to try to picture myself going and what it would be like."

"I have learnt the importance of seeking support when needed and asking for advice when required. Knowing that others are in the 'same boat as me' at the start of Uni."

"It has been so great for my eyes to have been opened to the variety of opportunities out there in healthcare, and to learn about them."
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Welcome to Healthcare Futures

Mark Patterson
Health Sciences Lead Officer

Paula Sutcliffe
Health Sciences Officer

Welcome from the Programme Team

Hello and a very warm welcome to Healthcare Futures. We are delighted that you have decided to join us to explore your future options in healthcare. Over the next 12 months, you will be participating alongside other students from up and down the country in sessions that we hope will inform, advise and inspire you to make the right choices about your future. By the end of the programme, you should be equipped with the knowledge, skills and confidence to prepare you for studying a health course at university.

How to use this workbook

The workbook is intended to be used alongside the fortnightly sessions. Following each session, we will suggest a small task or reflection exercise for you to do before the next session. This is all to help you plan and prepare for your future university applications, personal development and preparation for studying at university.
My questions about university

Throughout the programme, you will have the opportunity to ask our current University of Leeds healthcare students and staff any questions you may have about studying health courses and university life.

Use the space below to write any questions you'd like to ask.
What I want from university

The first step is to decide what matters to you when choosing a university. Below are some ideas you can start with; how important are the following to you?

1. **Location**
   - Do you want to move away from home? Stay local? Or stay living at home?

2. **City or campus?**
   - Would you like to be in the middle of a big, busy city? Or have everything in one place on a campus?

3. **The course itself**
   - How is the course taught? What will you learn? What about clinical placements?

4. **Student experience**
   - What do students think about studying at x university? What extra curricular opportunities are there?

5. **For fun**
   - What sort of social, sports and leisure facilities are there in the city and campus?

6. **Support services**
   - What support is in place for students? What help is available for you if you need it? Any contextual admissions or access schemes?

Write some notes on the above points and consider what is important to you. It might help you to rank the points in order of importance. Or you may prefer to make a mind map about what you want to consider when choosing a university.
Healthcare professions research

Over the next few sessions, we will be introducing a range of health professions, some of which will be more familiar than others to you. We suggest you have a think about each of the careers and decide whether it could be for you.

Visit healthcareers.nhs.uk/explore-roles to find out more.

Part 1 - Nurses and Midwives

What are the four different fields of nursing?

What do you like / not like about nursing?

What are some of the duties of a midwife in their job?

Does being a midwife appeal to you? Why? Why not?
Healthcare professions research

Visit healthcareers.nhs.uk/explore-roles to find out more.

Part 2 - Allied Health Professionals

There are 15 different roles in the Allied Health Professions (AHPs). Write down the roles that you found most interesting that you have heard about.

What appeals to you about the roles you have selected?

What don't you like about any of the AHP roles?
Part 3 - Healthcare Sciences

There are many different roles in the area of healthcare sciences. Write down the roles that you found most interesting that you have heard about.

What appeals to you about the roles you have selected?

What doesn't appeal to you about the healthcare science roles?
We spoke to Bethany, one of our University of Leeds Nursing students, about choosing and studying a Healthcare course.

How did you decide on your course?
I originally looked into becoming a dental hygienist when I was studying for my A-levels. However, on visiting the universities, I soon realised that this course lacked the patient contact and care that I was looking for. This is where I became stuck, I had little understanding of alternative healthcare related courses during my time at college and therefore took a gap year to figure out what I really wanted to do and made sure I didn’t just rush into a university degree. I always knew I wanted to work in healthcare, I had done previous care work and found interacting with people and being active was more for me than being sat at a desk. Adult Nursing became my chosen profession as I liked that you worked within a multi-disciplinary team caring for a range of individuals, and it allows for me to work in a wide variety of areas meaning it would be a practical and fulfilling job. I chose Adult Nursing over alternative nursing courses as I enjoyed interacting with adults, learning about their lives before they came into hospital. This also allowed me to have a greater scope of places to work following graduation as I could work in the community, hospices or hospitals.

What is your favourite thing about your course? What do you find most challenging?
My favourite thing about my course is that it is 50% practical and 50% university; this means that for half of my course I am out on placement in a variety of settings and have been able to practice my skills, meet engaging staff, and be involved with new opportunities. This is my favourite part, as you feel like part of the team but are able to follow patients through their journey. For example, if you are situated on a surgical ward you can be invited to watch the surgery in theatre and follow them back to the ward - this gives students a greater insight into what the patient is going through. I enjoy the different areas of nursing we get to experience through our placements, which has allowed me to find my favourite area where I can see myself working once I qualify.

A challenging aspect to the Adult Nursing course is that you need to have good time management skills as essay deadlines can be due during placement. You therefore need to plan when you are going to write the essay as you will be busy during placement hours. Essays become more challenging as you progress during the course, you therefore need to spend time perfecting your essay to get high marks.

What advice would you give to college students who are thinking about different healthcare courses?
My advice would be to have a good read about what the course entails. Different courses have different ways of marking their students - you need to think whether you prefer exams, essays or practical marking. This will help guide you to which university is best suited to your style of learning. I would also recommend reading blogs about nursing/healthcare, understanding the pros and cons to the job and what the role entails. Reading up on the different healthcare courses helps a lot as there’s lots out there and it can be easy to mistake them as similar when in fact they can be very different. It is important to ask yourself why you want to go into healthcare so you can match these aspects up to a course. For example, if you want more of the diagnosis of diseases, Medicine may be more suitable and if you are interested in theatres then Operating Department Practitioner may be best suited.

Other advice I would give to all students is to visit the universities on their open days, this lets you see the university, their facilities and can give you more information on your course if you have any questions. Some healthcare courses require an interview to be accepted onto the course, I would advise students to relax, you are not expected to know everything they just want to know a bit about you and that you have good communication and practical thinking skills.
Throughout the programme, we'll be giving you the opportunity to think about and reflect on your journey so far.

These notes will help you when it comes to writing your applications and personal statement.

How are you feeling right now about going to university and about studying a health course?

Use the space below to write down some of your thoughts.

You may want to list which professions / courses you have a keen interest in at the moment, and which are a maybe.
Visit to campus - notes and reflection

What did you particularly enjoy about your visit to the University of Leeds?
What did you learn?
What will you now consider when choosing a university? What things are important?
Skills, skills, skills!

What skills are needed by healthcare professionals?

Consider the skills below. How could you demonstrate that you have them? Give some examples from your own experiences. If you don't feel you can write much at the moment, what could you do?

Organisation and time management

Problem solving

Leadership and responsibility

Communication: Speaking, listening, reading and writing
Skills, skills, skills!

Care, compassion and patience

Respect for others

Teamwork
Work experience guidance

Do you have a part time job or volunteering role? What are your responsibilities and how could this translate to being a healthcare professional? What could you do over the next few months to further develop and demonstrate your insight into a health profession?
Working with patients and the NHS 6Cs

Every patient you will work with as a healthcare professional is an individual, with their own unique characteristics, needs and experiences. It is vitally important that you understand this, so you can treat each person accordingly.

The 6Cs of are a set of values required by all patient-facing health and social care staff working in the NHS.

Care
The care we deliver helps the individual person and improves the health of the whole community. Caring defines us and our work. People receiving care expect it to be right for them consistently throughout every stage of their life.

Compassion
Compassion is how care is given through relationships, based on empathy, respect and dignity. It can also be described as ‘intelligent kindness’ and is central to how people perceive their care.

Competence
Competence means all those in caring roles must have the ability to understand an individual’s health and social needs. It is also about having the expertise, clinical and technical knowledge to deliver effective care and treatments based on research and evidence.

Communication
Communication is central to successful caring relationships and to effective team working. Listening is as important as what we say. It is essential for ‘No decision without me’. Communication is the key to a good workplace with benefits for those in our care and staff alike.

Courage
Courage enables us to do the right thing for the people we care for, to speak up when we have concerns. It means we have the personal strength and vision to innovate and to embrace new ways of working.

Commitment
A commitment to our patients and populations is a cornerstone of what we do. We need to build on our commitment to improve the care and experience of our patients.

Source: www.england.nhs.uk - 'Introducing the 6Cs'
Example scenarios
What does good care and communication look like?

Consider the following scenarios - thinking about what good care and communication looks like (and does not look like) what would you do in each case, applying the 6 Cs where appropriate.

**Scenario 1 - A nervous patient**
You are working as a general practice nurse where you see a 20 year old female who needs some blood tests, after reporting ongoing symptoms of abdominal pain and extreme fatigue. She becomes very scared and is refusing to go ahead with the procedure, saying she is terrified of needles. The tests are required to make a diagnosis and rule out any serious conditions.
What are your main considerations when talking to the patient, and what do you say?

**Scenario 2 - Dealing with conflict**
You are working in the Diagnostic Radiography team and due to a sudden IT issue, there is a backlog of appointments - a male patient with a sports injury has been waiting for his non-urgent MRI scan for 45 mins. The patient needs to return to work and is getting increasingly agitated and angry. You need to explain to him the reason for his wait and try to keep him calm. What do you say to him?

**Scenario 3 - A difficult conversation**
You are looking after your neighbour’s cat while she is away on holiday. The cat went out as normal a few days ago, but has not returned, which is out of character. You've looked everywhere for the cat but now your neighbour is due to arrive home.
How do you approach the situation?
Time management and planning

The next year for you is going to be busy! You will need to get used to this, as life as a healthcare student can be pretty full-on at times. But don’t worry - learning to manage your time effectively is a skill that will really help, not just now, but in the future too. Try and get used to planning your time - there are various methods you can use. Don’t forget time for yourself - relaxing, social time, exercise, and sleep - the image below is a gentle reminder of some of the things to include to ensure you are thinking about your health and wellbeing every day.

12 THINGS TO INCLUDE IN YOUR DAY

Morning routine
Get up and get charged even if you’re not going anywhere

Mealtimes
Eat three balanced meals a day

Hydration
Make sure you’re drinking enough water

Exercise
30–60 mins a day either inside or out

Fresh air and vitamin D
Either in your garden or during exercise

Connect with family & friends
Keep in touch, chat, play games, text, call or video call

Work, rest, play
Keep the balance

Take care of yourself & relax
Have a bubble bath, shower, paint your nails or meditate

Do things you enjoy
Play games, listen to music, read or watch a film or series

Create
Draw, write, build something, dance or cook

Bedtime routine
Put tech away and take time to wind down

Sleep
Make sure you get enough sleep
Time management activity

For one week, track your activities using the Weekly Time Planning Sheet below. At the end of the week, tally up the number of hours spent in each category. (Use the empty spaces to add additional categories as needed, e.g. tv, gaming, exercise, chores)

Did the time you spend reflect your goals and expectations?
Are you happy with your results?

Making Improvements:
Use the Weekly Schedule, at the beginning of the week, plan your week using the concepts and information from our sessions. Follow your plan for one week.
At the end of the week, tally up the number of hours spent in each category.
How did your planned week compare to the unplanned week?

Are you happy with your results? Do you need to change anything? Does planning in advance work for you?

Weekly time planning sheet

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<tr>
<th>Activity</th>
<th>Hours spent this week</th>
<th>Priority (1=high, 8=low)</th>
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# Weekly Schedule

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Maths and numeracy skills are important in Healthcare roles for a number of reasons, from interpreting data to spotting patterns and trends relating to a patient's condition, or from reading numerical information on medical equipment to calculating drugs and administering medications. Most health courses at university require a pass in GCSE maths.

Many students worry and stress about the thought of maths but it doesn't need to be this way. You can help yourself by focussing on the types of maths required and with regular practice. Maths really is a skill that gets easier the more you practice!

How confident do you feel about the following areas of numeracy?:

- Arithmetic and mental maths
- Fractions
- Decimals
- Percentages
- Ratios
- Graphs and charts
- Conversion of units

Have a go at the following problems. Use a notepad for your workings out.

1. A patient is prescribed 250mg of the antibiotic Flucloxacillin every 6 hrs. Flucloxacillin is available as 125mg in 5mls. What is the maximum amount the patient should take in 24hrs?
   a) 125mls b) 40mg c) 40mls d) 20mls

2. G.P. clinic was planned to start at 14.30 hrs. There were 20 consecutive appointments of 10 minutes each and a coffee break of 15 minutes. At what time was the clinic due to finish?
   a) 18.05 b) 17.50 c) 17.05 d) 6.05

3. In a biology exam, \(\frac{3}{4}\) of the total marks come from section 1 and \(\frac{1}{4}\) from section 2. In section 2, \(\frac{1}{4}\) of the marks come from multiple choice questions. There are no multiple choice questions in section 1. What fraction of the total marks come from multiple choice questions?
   a) \(\frac{1}{4}\) b) \(\frac{3}{4}\) c) \(\frac{1}{2}\) d) 1/16

4. The drug Dopamine is prescribed at 0.2mg/kg/day. Patient A weighs 72.5kg. What is the total amount of Dopamine that Patient A will need?
   a) 14.5mg b) 72.5mg c) 20.5mg d) 14.0mg
Numeracy for Healthcare
20 questions: 20 minutes

Have a go at the following quick calculations. You can use a notepad for your workings out, but no calculators! Check your answers via the link below. Are there any question types you struggled with? What do you need to practice?

Solve the following:
1. 1907 + 83.46 =
2. 7.2 – 3.33 =
3. 42.3 × 2.74 =
4. 1.4 ÷ 7 =

Convert to decimals:
5. 3/8 =
6. 2/25 =

Convert to simple fractions:
7. 0.28 =
8. 0.075 =

Which of the following fractions is bigger?
9. 1/4 or 3/8 =

Convert the following:
10. 1.5g = mg
11. 2750mg = g

Solve the following:
12. 30% of 150 =
13. 12½% of 100 =
14. 4/5 as a percentage =
15. 0.4 as a percentage =
16. 1/3 x 1/2 =

Simplify the ratio:
17. 24:8
18. 3:18

Convert the following:
19. 1.15 a.m. to 24-hour time
20. 21:50 to 12-hour (am/pm) time
Reflection

Time for your thoughts again. It's nearly summer holidays - what are your plans? How can they help your application? What do you need to do?

How are you doing academically? What do you need to focus on?

How did you find the maths section? What do you need to practice more?
Student finance and managing your money

Have you thought about your finances once you are at university?
Do you know how much money you will have coming in and what you will be spending?

Write down some of the things that you think you will need to budget for when you are at university.

Jargon buster

**Student loan**
Money you borrow to pay for higher education courses. There are two types – a Tuition Fee Loan for course costs and a Maintenance Loan to cover living expenses while studying.

**Tuition fees**
Fees that the university will charge each student to study at their institution. This is currently charged at £9,250 per year - this is paid directly to the university from the loans company.

**Bursary**
Financial support given to students that you do not need to repay. This is linked to personal circumstances, and household income. Bursaries can come in different forms, such as tuition fee discount or accommodation discount.

**Scholarship**
Financial support given to students that you do not need to repay. This is linked to academic results or abilities for sports or music. These can be subject specific and can have limited availability.

**Interest**
Banks charge a 'fee' for borrowing money and the same applies to student loans. This is usually set at a certain percentage of what you borrow and added on at the end of each year.

**Means-tested**
A test of how much income someone has. Student Finance will use your household / parental income to decide how much loan you will be entitled to.

**Hardship fund**
Extra money that students can access from their university, if experiencing financial hardship. You do not have to pay this back on most occasions.

**Overdraft**
This is when your bank account has a negative balance because you have spent more than you have.
Look at the student case studies below and have a go at budgeting for one (or both) of the students. On the next page you will find a budget planning sheet. Go online and research average student living costs, or estimate the various outgoings using your own experience. You could also have a look what sort of jobs might be available to students, for example by Googling 'LUU jobs'. Use www.gov.uk/student-finance-calculator (see QR code) to see how much maintenance loan the students will be entitled to, taking into account parental household income. Tuition fees are £9250 - this is paid by the loans company directly to the university, so you do not have to include this in your budget.

**Student 1: Halima**

Rent £125 / week (10 months, includes bills)
Parental household income: £45,000
Parental contribution: £140 per month

I am in my first year at university, living in student accommodation in Leeds and have a shortfall in my student finance, so I have a part time job. I live comfortably and manage to do all of the things that I want to, however I have booked a holiday for next year and need to make a monthly saving of around £50 to pay for it. Due to my working hours I sometimes feel too tired to cook when I get in from work and so often get a takeaway.

How can I save without going into debt?
- Draw up a monthly budget for Halima
- Can you make any extra savings?
- What tips would you give her?

**Student 2: Jack**

Rent: £170 / week (12 months, includes bills)
Parental household income: £24,000

I am currently in my second year of university and have trouble with my finances. I live in London in a shared house and always end up in my overdraft and I don't know what to do. I buy new clothes every month and often get dragged out to eat with my friends and so a lot of the food I buy goes into the bin. I enjoy going to live music gigs and usually get an Uber when I go out. I joined a few student societies last year but I never find the time to take part in activities and pay a monthly subscription.

How can I manage my money better?
- Draw up a monthly budget for Jack
- Can you make any extra savings?
- What tips would you give him?

You could also use the template to have a go at trying to plan your own finances to give yourself an idea of what it's like to budget as a student.
## Budget Template

<table>
<thead>
<tr>
<th>Income</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student maintenance loan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bursary / scholarship</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Money from parents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Job</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Major outgoings</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent and bills*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mobile phone</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Electric, gas, water and broadband are included in rent in university accommodation, can vary for privately rented accommodations

<table>
<thead>
<tr>
<th>Everyday spending</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Travel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Books / Printing / Stationery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports / Hobbies / Gym</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toiletries / Health / Personal care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cleaning and household</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Music / Gaming / Netflix</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entertainment - nightlife / gigs / eating out</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Occasional costs</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthdays / Christmas / Celebrations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clothing / Shoes / Accessories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>University balls / Events</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holidays</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you have a car</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fuel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOT / Servicing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TOTAL EXPENDITURE

- Total income
- Total outgoings
- Balance (income minus outgoings)
- Surplus / deficit
It's a good idea to start thinking about what to write in your personal statement over the summer break. Think about the following themes and consider what you might include. Your time on Healthcare Futures will help with this, so look back on the Reflection exercises.

Points to consider: Insight and motivation, skills and experiences, responsibilities, interests and achievements.
My summer action plan

The summer break is approaching! What are your plans? Consider what you have to / want to do over the holidays and start making a plan.
How are you feeling now about going to university and about studying a health course? Do you have anything you would like to ask us? Use the space below to write down your thoughts and questions. Which health courses appeal to you? Which can you definitely rule out?
What's important to you?:
Researching and comparing universities

Time to get researching!! Thinking about the first activity on page 4, and visiting the universities' websites to find out details, make a list of 5 or 6 potential universities that you might see yourself studying at, along with some of the features of each. Hopefully by now, you should have an idea of what you want to study but It doesn't matter if you are not 100% sure of all of your five choices at this point.

Example:
University of Leeds - close to city, 1 hour from home by train, large hospital placements, ranked 2nd for Nursing in Complete University Guide, Access to Leeds (contextual admissions), great student support services, high employability for graduates, hundreds of clubs and societies...
When things seem overwhelming, or it all gets a bit too much, imagine yourself in 2, 3, 5 years time, as a healthcare student at university and becoming a qualified professional.
Reflection: Student life

What excites you about being a uni student? What worries you? Do you have any questions for our student ambassadors about university life, studies, social time, keeping a good work-life balance, or anything else? Write them here and bring along to the next session.
Life as a student

You are going to be spending at least three years of your life in one place - you need to know you're going to enjoy being there when you are not studying. Regardless of whether you are moving away from where you currently live, or staying at home and commuting, there will be lots of opportunities to get involved in social and extra-curricular activities outside of your course and placements.

Using the previous exercise on researching universities, try to find out more about student life at the places you are thinking about applying to - the university facilities, the Student Union as well as the city itself.

What do you like to do for fun? Do you have any hobbies or interests that you would like to continue? Will you be able to do these things at this university / city?
By now hopefully you have an idea which universities and courses you are thinking of applying to, so you can find out what types of interview to expect.

Using the universities' own websites, write down the details of the interview method for each of your choices.

1. 
2. 
3. 
4. 
5. 

Although no one can predict exactly what questions will come up at interview, in most cases, you should expect to be asked questions along these major themes:

- Your motivation to study your chosen course and insight into the profession
- Your personality, including compassion, empathy and general suitability to the profession
- Any work experience, including volunteer roles
- Some knowledge of the NHS / public health, the 6Cs / NHS core values and basic medical ethics

For your preparation and practice, you should therefore aim to cover the above areas.
Interviews Part 1: Individual / Panel

Top tips

- Be on time (or even early!) and know how to connect / where to go
- If online, have a good internet connection and be aware of your surroundings / background
- Dress in smart, comfortable clothes - even if your interview is online!
- Ensure you engage / make eye contact with all panel members
- Take time to think before responding and try not to waffle

Questions are likely to fall into these broad areas - subject specific, personal and ethical. Make some notes for the following questions to help you prepare.

Subject specific: Why do you want to be a (insert healthcare profession)?

Personal: What do you think are the most important qualities of (insert healthcare profession)? How have you demonstrated these qualities?

Ethical: Do heavy smokers deserve to be treated on the NHS? Should well-off patients contribute to the cost of their care? (Choose one and weigh up for / against and your conclusion)
Interviews Part 2: Group

Top tips

- Ensure you are knowledgeable about the profession / course
- Smile and engage with your fellow candidates
- Contribute to discussions and work as a team
- Don't talk too much or talk over other candidates
- Listen to what others have to say and respond accordingly
- Don't be distracted / put off by the assessors, who may be watching and taking notes
- Most of the previous tips also apply

Task examples

It will depend on how the different universities do things, but your task could include one or more of the following:

- Prepare and deliver a presentation in your group on why you have chosen the profession
- Watch a video and discuss / comment on what you have seen
- Examine a medical case study / ethical question - discuss and agree an outcome or conclusion
- Chat in pairs and feed back about the other person

Things to remember about individual / group interviews
Example stations

Consider how you would approach the following questions / scenarios and make some notes for each.

Question 1
What do you think will be the most challenging thing about the course / career? How would you cope with the stresses of the role?

Question 2
Imagine you are a newly qualified Mental Health Nurse. What would you do if you suspected a patient was storing up drugs for a suicide attempt?

Question 3
How do you think COVID-19 pandemic has impacted on public health? Which groups of people do you think have been particularly impacted?
Reflection
How are you feeling about your applications and any upcoming interviews? Have you done enough to prepare? What else could you do to practice?
How are you feeling as the Healthcare Futures programme comes to an end?
Congratulations and good luck!

You have now reached the end of Healthcare Futures! It has been wonderful to work with you and we really hope that the programme has been both useful and enjoyable for you. You should feel proud of your commitment and contribution, and we hope as a Futures 'graduate', you are leaving the programme with confidence, knowledge and skills that you did not possess twelve months ago.

We would like to wish you every success with any upcoming interviews, future exams, entry to university and journey into a healthcare profession, or whichever path your life takes.

So it's goodbye from us, and we'll leave you with a few motivational quotes to remember us by!

*Mark and Paula*

don't stop until you're proud

THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT

GREAT THINGS NEVER COME FROM COMFORT ZONE

DREAM BIG, WORK HARD, MAKE IT HAPPEN.