



## Covid-19 "Work Experience" Logbook

We have devised this form to make it easier for you to gather your thoughts during this time. There are various ways to still gain insight into the profession and the log below can help you account for this. It will also make personal statement writing much easier.

Each time you read or see something stimulating, or take part in an exercise that gives you some insight record it down here!

We have given examples of what you could write in each section of the table (in blue).

If you need any further guidance then please do not hesitate to get in touch.

	What you should put?
Type of insight	For example, News debate on the issue of PPE for health workers, Virtual Work Experience Day
What do you understand about the issue?	Any factual things you can record here
Area of Medicine covered e.g. hospital medicine, GP, nursing etc.	What type of work experience did you have insight into? GP? Hospital? Surgery? Dental practice?  It is important to note this so that you can look at the range of experiences you have had and if you feel you require more.
Observation(s)	Write down what you listened to or saw. Was this a News debate? Virtual Work Experience Day? Did you watch or listen to a video/podcast about how it is to work in the hospital during a global pandemic? Or did you have a conversation with a nurse, doctor or healthcare professional about their experience? If so, record all this down.
Reflection(s)	This is the most important part. Your admissions tutors are looking for this both in your personal statement and at interview. What have you learnt from this? How did that particular experience or observation make you feel? Write down the keywords such as <b>empathy</b> if you saw a particularly compassionate moment, or <b>teamwork</b> for instance between doctors, nurses and other healthcare professionals on the ward. During Covid-19 all of these attributes have been noticed amongst all healthcare workers, especially at a time where emotions and stress levels are high – this in itself is admirable.

## Work Experience Logbook



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Observation(s)	
Reflection(s)	