



Bosworth
Independent
School

MedSoc

Welcome to MedSoc, our programme to support students applying for medicine, dentistry and veterinary science.

As a member of the programme, we will meet regularly throughout Year 12 and Year 13. This includes;

- Group workshops each week
- Regular 1:1 mentoring sessions with the Medic coordinator or Director of Sixth Form
- Talks and workshops delivered by visiting speakers

Many of our previous students have gone on to study medicine, dentistry or veterinary science. They share their knowledge and experience with current students and you may have the opportunity to be mentored by one of them.

As a potential doctor, dentist or vet, you will go through a very rigorous selection procedure. This includes:

- Gaining 3 A grades at A level
- A good score in the admissions test (UCAT)
- Work experience (in person and / or virtual)
- Volunteering
- A strong personal statement
- Deciding which medical school is best for you
- Gaining knowledge in medical ethics, the law and the NHS
- An interview

Our expert team will guide you through this process so you feel confident and ready to make a successful application.

www.bosworthschool.co.uk



The MedSoc Programme

Our typical medical programme workshops may include:

Year 12 Autumn Term

- Evaluate skills and competencies
- Apply for work experience
- Organise volunteering opportunities
- Check entry requirements for medical school
- Group presentation on disease

Year 12 Spring Term

- Writing a strong personal statement
- Full body rat dissection
- Learn about the NHS and health inequality
- Group presentation on a health topic
- Practical work on medicinal drugs

Year 12 Summer Term

- Admissions Test (UCAT) preparation
- Group presentation on legal cases
- Role play medical scenarios for interview
- Learn about medical ethics
- A debate on organ donation

Year 13 Autumn Term

- Support for UCAS application (15th October deadline)
- Interview skills workshops
- Practice ethical debate and role plays
- Mock interview (Nottingham University)
- Mock MMI in school

Year 13 Spring Term

- No formal workshops this term
- 1:1 support for interviews
- 1:1 mentoring about final university choices

Work Experience and Volunteering

In person work experience

You can apply for work experience at Northampton General Hospital. We are also linked to a local Pharmacy who provide work experience opportunities.

Online work experience

You can use our UCAS online learning platform (UniFrog) to find online work experiences.

Many online work experience sessions are available free of charge. Here are some examples:

- <https://wexlibrary.yourmedicfamily.org/product/medic-mentor-work-exp> <https://bsmsoutreach.thinkific.com/courses/VWEerience/>
- <https://dental-mentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

- <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>
- <https://medichut.com/online-medical-work-experience/>
- <https://hiow350careers.nhs.uk/virtual-work-experience/>

In person volunteering

You can volunteer at Northampton General Hospital. Our special arrangement with them provides volunteering opportunities for our students. We also have links with Northamptonshire Health NHS Foundation Trust (NHFT).

Our students can study first aid with members of the British Red Cross organisation. We also support many other volunteering opportunities in school and the local community through our Duke of Edinburgh Award scheme.



Reading List

Essential Reading

- Getting into Medical School 2026 Entry, James Barton (MPW)

Other Reading

You can prepare for UCAT and interviews using resources available online. Some students also find a book helpful in their preparation.

- UCAT Study Guide, Michael O. Carter (The Medic Blog)
- Medical School Interviews: All You Need to Know – The Knowledge, Dr Moona Kooner (SPH Publishing)
- The Ultimate Guide to the Multiple Mini Interview (MMI)
- Medical Ethics: A Very Short Introduction, Tony Hope (Oxford)
- Medical School Interviews (ISC)

Other books to help you explore the world of medicine

The books in this section aren't necessarily about applying for medicine or dentistry. Instead, they are medical stories, often patient related, which highlight the intricacies of the human body and demands of being a medical practitioner. You won't have time to read them all – so choose a couple that you are interested in.

When Breath Becomes Air: Paul Kalanithi

An unbelievable memoir of a practitioner turned patient. Paul Kalanithi explains his inspiring transformation from a neurosurgeon saving lives, to a lung cancer patient fighting for his own life. This book is a truly remarkable indicator of the fine margins between life and death and the journey that can take a person through.

The Man Who Mistook his Wife for a Hat: Oliver Sacks

Another personal account by a neurologist explaining stories of patients suffering from neurological disorders. It highlights the harsh realities which many people in society face today and the daily struggle to overcome the incredible adversities which life throws at us. This is a fantastic reminder of the need to empathise with the struggles of our patients and that the simplest forms of memory are often taken for granted.

This is Going to Hurt: The Secret Diaries of a Junior Doctor: Adam Kay

Adam Kay, a former gynaecologist, gives a diary account of his experiences working within the NHS; from the good, the bad and the downright ugly! Unlike the above two books, this is a much lighter, funnier memoir of life within the confines of an NHS hospital whilst still highlighting the incredibly important truths which exist within our NHS today.

The Reason I Jump: Naoki Higashida

Have you ever wondered what it is like to be inside the head of someone with autism? What are they thinking and feeling? Severely autistic and non-verbal, Higashida wrote this book when he was 13 years old after learning to communicate using a 'cardboard keyboard'.

The Other Side: Kate Granger

Granger is a doctor specialising in geriatric medicine, but she is also a terminally ill cancer patient. This book describes her journey "as a patient through a doctor's eyes". This book helps you appreciate just how important the little things are – sitting down at the same level as the patient, holding someone's hand and introducing yourself.

The Optimism Bias: Tali Sharot

We need optimism to survive and thrive...but it also means we can be resistant to warnings (obesity won't kill me...). This book helps you understand why people may not listen to health advice.

Life at the Extremes: Frances Ashcroft

How do people survive extremes of heat, cold, depth, speed and altitude? This book explores the limits of human survival and the physiological adaptations which enable us to exist under extreme conditions.

Microbe Hunters: Paul de Kruif

An American microbiologist describes fourteen microbe hunting scientists who were pioneers searching for knowledge and truth, fighting against death to advance medicine. A few succumbed to the invisible assassins they studied. This book documents their failures, disappointments and triumphs, as they persisted.



What should I do now?

We offer lots of support. However, we expect our aspiring medics to take responsibility for their own medical applications. Over many years, the most successful medical students are the most proactive and independent!

Your checklist to get started:

- Start organising work experience and volunteering opportunities. Use our school contacts as a starting point. Do you know anyone in a medical field who could offer work experience?
- Applicants for veterinary medicine need experience with a whole range of different animals, so make sure you know the minimum requirements.
- Complete some online virtual work experience to get an introduction to a career in medicine.
- Can you arrange your own voluntary work over the year or in the school holidays? Medical schools understand how difficult it is to volunteer in a medical setting. They encourage volunteering in non-medical settings where you can develop skills of communication, teamwork and leadership and give you a chance to demonstrate empathy, resilience and responsibility. This could be with a youth group, people with disabilities, a care home, a charity shop or a food bank.
- Start a journal to record your experiences and reflections. This should be more than a record of what you did. What did you learn about a medical career? How did it help you develop skills that will make you a good doctor / dentist / vet?
- Attend every MedSoc session and be an active participant – contribute to discussions and group tasks, and take the lead.

