

# The Oxford Medical ST/CT Interview Course

The ST/CT Medical Interview course is one of Oxford Medical Training's flagship courses. Formed in 2004 Oxford Medical Training is one of the oldest and now one of the largest medical career development companies in the UK, offering a portfolio of training courses including Interview Skills, Teach the Teacher, Leadership, Management and Communication Skills Courses. Having trained thousands of doctors preparing for ST/CT interviews from every medical and surgical specialty we comprehensively understand what you as interviewees need to know to succeed in your ST/CT interviews.



**There are a maximum 9 delegates per course for optimal interaction**

## Learning Outcomes

The Oxford Medical Training interview course has been designed specifically with the ST/CT interviewee in mind. Through practise, presentations, interactive group discussions and a videoed mock interview our NHS consultant tutors will guide you through the key areas to help you succeed in the current competitive environment.

You will gain:

- Understanding of the current set up, structures, purpose and aims of your CT/ST medical interview
- How to identify your areas of strength and unique selling points and how to exploit them
- How to deliver not just an effective knowledgeable answer but to do this with a structured and flexible approach
- How to deliver exceptional responses to challenging questions on management, leadership, ethical dilemmas and current NHS issues
- How to turn a difficult question into one which sells your strengths making you an attractive appointment

You will also:

- Explore methods to ensure you have the correct mindset to perform at your very best
- Practice your interview technique during your mock interview which we will video for you (optional)
- Learn what each question is actually looking for so you can deliver high quality responses

# Prospectus

## **Your support begins from the point you book your course.**

You are given 30 days access to our ST & CT Medical Interview Online Preparation material. This includes the online version of the ST/CT medical Interview Guide, NHS Hot Topics Videos and our library of links to pertinent reports and websites.

### **8.30 REGISTRATION AND COFFEE**

This time is an excellent opportunity for course delegates to meet fellow attendees and break the ice before working together throughout the day. This is also an invaluable time to share personal and professional experiences with the tutor and fellow candidates regarding applications and related topics.

### **9.00 COURSE BEGINS**

Your tutor will begin with an overview of the structure for the day and introductions from all delegates. This will include gathering information of the training posts each delegate has applied for and what you want to achieve as a result of today's course. Your tutor will then use the output of this session to adapt the focus of the course to optimise the impact of the day.

You can expect the morning of the course to include:

- ▶ A discussion on what concerns you most about your interview and why
- ▶ Information on the variety of interview stations and what the interviewers are looking for
- ▶ A focus on communicating your career choices and motivations in a concise manner
- ▶ Identifying your most relevant experiences, best qualities and development requirements
- ▶ Practise in dealing with ethical dilemmas and questions of professional integrity
- ▶ Discussion on tactics for ensuring the mindset to optimise your performance
- ▶ Guidance on structuring your responses to interview questions

---

There will be a Mid-morning coffee break (15 mins) with timing advised by your tutor.

---

### **PLEASE NOTE**

Your tutor's aims throughout the day are to support you to:

- ▶ Find your own words and behaviours which will present you at your very best
- ▶ Identify and clarify areas for your personal development

---

Lunch break (45 mins - 1 hour)

A two course sit down meal. All types of dietary requirements are catered for. A great opportunity to discuss any personal issues with your Consultant trainer, clarify any issues about the application or interview process or enquire about any areas you would like to know more about.

---

### **MOCK ST/CT INTERVIEW PRACTICE WITH FEEDBACK (recorded)**

The “station” based approach for ST and CT interviews will be described in detail during the morning and will be used within the mock interview. Each candidate will receive a mock ST/CT interview during the afternoon sessions.



This is your opportunity to practise your technique as well as the delivery of your experiences or opinions you would anticipate using in a safe environment. Individual constructive feedback will be given to improve your awareness of what you do well and how you can improve.

You will also benefit from being observed by and observing your fellow delegates in action. This helps to re-create the pressure which you experience at interview and gives you exposure to numerous interview scenarios.

We offer the option of video recording your mock interview. A copy of this will be sent to you during the week following the course so that you can review this in the comfort of your own home to assist your further interview preparation.

### **CONCLUSIONS AND Q&A**

The final session comprises a summary of the most important points of the day.

**Course ENDS 16:00 - 17:00 depending on delegate numbers and levels of interaction**