

Reflection based of Rolfe et al (Example 3)

What? (a description of the event) Psychiatry reflections 1

What happened? What did I do? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience?

I was invited to present a talk on psychiatry careers at a neurosciences careers evening at the local university. I talked about how supportive and flexible psychiatry training is, along with the varied type of patients and subspecialties encountered, as well as the fact that psychiatrists need knowledge in everything from neuroanatomy to psychological therapies. I showed the #choosepsychiatry video, which the students seemed to find very interesting. After the talk I was able to talk informally to students about my career, as there was a buffet.

So, what? – (An analysis of the event)

So, what is the importance of this? So, what more do I need to know about this? So, what have I learned about this? So, what does this imply for me?

I found it daunting to talk about my career to medical students, but the other presenters afterwards said my enthusiasm for my specialty really came through. It was really interesting to see how the other specialists pitched their careers to students too, including showing a mix of videos and flowcharts of career pathways.

I had several students come up to me afterwards to ask questions, which was great. One neurosurgeon mentioned to me that the video was really profound, and had she been earlier in her career may have made her think again about which career pathway to undertake to work with the brain!

Now what? (Proposes a way forwards following the event)

Now what could I do? Now what should I do? Now what would be the best thing to do? Now what will I do differently next time?

I really enjoyed this careers evening and will continue to look for opportunities to engage medical students to #choosepsychiatry.