



CZECH
HOSPITAL
PLACEMENTS

HOW TO GET THE MOST OUT OF YOUR HOSPITAL WORK EXPERIENCE AS YOU BEGIN TO APPLY TO GRADUATE STUDIES OR UNIVERSITY

CHP PROGRAM eBook
PART III

and much more...

How to gain the most out of your experience

What qualities and skills did the experience give you? Refresh your memory, it is time to analyze. What kind of expectations did you have about working in a live clinical environment? How do you see it now with an insider perspective? Were your expectations realistic? How has it changed you? Do you still think that you are capable of working in a hospital environment? Perfect! You have a great opportunity to write and talk about this experience during the whole admission.

It is not easy to provide all of this information. Write about how you feel about the experience before you go. What you think you will see and how will you feel about it. What sort of goals have you set for your time in the mentoring program?

During your placement or voluntary work, write a diary. It does not have to be a diary that requires a huge investment of your time. Take it with you to the facility and on the way there write your feelings about that day, and on the way back write about what actually happened and how do you feel about it. When you are finished you may read your notes. This may be the basis for your personal statement, essay, and interview.

How to create a successful medical school application

Applying to a university and in a competitive field is always hard. But what about those of you who dream about nothing else than becoming a cardio surgeon, anesthesiologist, orthodontics, registered nurse, or midwife? In order to be accepted, you are going to have to find a way to stand out from everyone else. We've provided some information below about what you can do to increase your chances of success.

The following chart provide essential information.

Even if you fail in one of those elements you still have a chance to get in. Don't give up and put all your effort and concentration into the following the tasks that come afterwards.

Only apply when you are truly ready

Just having a high medical exam score does not get you into the school. Universities receive thousands of application every single year. Remember, many of other students have the same score as you do, or perhaps even better. What the committee is really interested in is your application, where you add a personal touch. So write your thoughts clearly, and show that you have done your best to be prepared. Do not underestimate any part of the application process.

Demonstrate your commitment to becoming a healthcare professional

How can you become more certain about what you want to do for a vast majority of your work life? Get to know the job for yourself! The best way, and perhaps the only way, is to shadow another doctors, nurses, dentists, physiotherapists, and midwives. If your parents or good friends work in your desired field of healthcare, you might have a chance to observe a bit of their work, which is a great advantage. Nevertheless, they usually can't take you to all parts of the hospital, so you may only see their respective field, without having a hands on experience in a real clinical environment.

Obtain experience in various fields

Luckily, there are few study programs that can give you that. One of them is the Czech Hospital Placements Program, intended to students from 17 to 26 years old. When undertaking this kind of experience, you will shadow doctors, nurses, dentists, midwives, paramedics, physiotherapists, and other healthcare professionals in the top hospital in Prague.

Why take part in a paid study program? Its biggest asset is the possibility to choose a department/s according to your own preferences, and to know who will mentor you during the hospital placement. This person – your mentor - is absolutely crucial for you. You may come for a week, for a month, or even longer. The more weeks you come, the more departments you will see, and the more intense and profound your experience will be. You will boost your university application, have a once in a lifetime experience, make friends from all around the world, and discover a new culture. The committee will also appreciate that!

Be authentic during your interview and when writing your essay

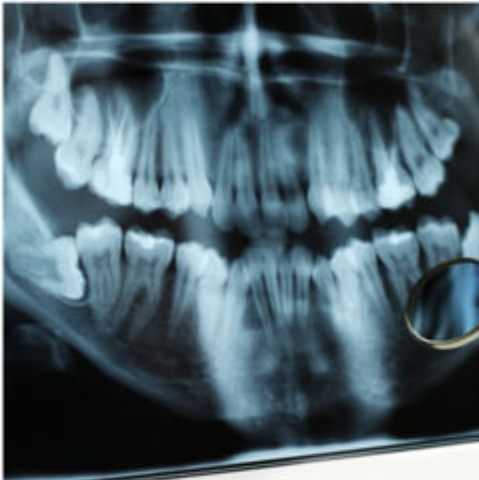
The study program abroad also gives you a topic to write or talk about. There is nothing else that can help you more to stand out than being authentic about your experiences, your knowledge of the field, and about the things that motivate you. When you are authentic, you have simply no competition. Why not to compare the healthcare systems of the country where you shadowed doctors and nurses with the systems in your own country? Or speak about the various specialties you have seen? Maybe express whether your expectations about the job reality of healthcare professionals were realistic, or if the experience motivated you even more to pursue this career. Did it change your point of view? If, how? This is it, what interviewers want to hear! They want to hear you, not recycled answers from a common applicant.

Take the time to think about all parts of the application process. Prepare for the entry tests, think about people who could write a personal recommendation for you, practice your interview with your parents and friends, and look for activities that could boost your medical career. Remember, when undertaking a job shadowing experience you should take care of who your mentor will be!



Choose your desired department specialty

- ANESTHESIOLOGY, RESUSCITATION AND INTENSIVE CARE MEDICINE
- CARDIOLOGY - CATHETERIZATION UNIT
- CARDIOVASCULAR SURGERY
- ER FOR ADULTS
- CHILDREN'S HEART CENTER
- INTENSIVE MEDICINE - INFECTIOUS DISEASES DIVISION
- NEUROSURGERY
- NUCLEAR MEDICINE AND ENDOCRINOLOGY
- OBSTETRICS AND GYNECOLOGY
- PHYSIOTHERAPY AND SPORTS MEDICINE with a special focus on Cardiovascular Surgery, Neurology, Orthopedics, Pulmonology and Spinal Surgery
- PULMONOLOGY
- RADIOLOGY AND DIAGNOSTIC IMAGING
- RESUSCITATION UNIT FOR ADULTS
- SPINAL SURGERY
- UROLOGY INTENSIVE CARE
- ...& MUCH MORE!



How to guarantee yourself a university interview

Finding yourself seated for an interview with a medical school is by no means an easy thing to do, and can be considered a huge success for anyone who sets it as a goal. In order to find yourself in an interview, with a chance to prove yourself to a panel and be accepted into a school, you need to do a lot of things to separate you from the other candidates. There is a huge amount of competition when attempting to get into these schools, so it is necessary to take steps to separate yourself from the other candidates.

Letters of recommendation are essential, especially for universities that do not have interviews as a part of their admission process. Usually, students have three personal recommendations. A good choice is someone that has seen you grow up, but not a direct family member. So ask a family friend or a teacher that knows you by heart. The other two recommendations should be from a professional in the field of your study. Try to find someone who knows you, or had been your mentor and has seen you in the clinical environment. Furthermore, having a recommendation from a professional will boost your application, regardless of whether or not the interview is a part of the process.

If you have changed schools recently, you may contact teachers from your previous school. Surely they will be excited to help. Also, talk to them about what they should write. Of course you cannot say: "Write about how terrific I am". Tell them why the personal recommendation is important. Why do they think you would be a great doctor, dentist nurse, midwife, paramedic, or physiotherapist?

Another important part of your application is your experience. In the US you may provide up to 15 examples of work experience and other activities (remember Quality over Quantity!) and 3 of them that you may describe in detail. When describing your experiences at length, choose them by how valuable they were to you, both as a professional and an individual, and also choose experiences that are quite different from each other. There's nothing wrong with having a lot of experience shadowing professionals, for example, but if that's the only thing you've done, you may not be as attractive of a candidate compared to someone who has also volunteered and done research as well.

In UK you fill in the section of Job Review with maximum of 5 items. They want to know where and for how long you have worked up to this point. This should be only paid work (full time or part time). Your voluntary work activities are to be mentioned in your personal statement.

When writing a personal statement (UK) or an essay (US), be sure you to explain to the committee why they should choose you. You are given 5300 characters in the US (MCAT) and 4000 characters in the UK (UCAS). Here you should write about your experiences, studies, and other important things that have led you to this point. Use respectful and formal language. Be specific, authentic, and honest.

Writing the perfect essay/personal statement

The personal statement (UK) or essay (US) is one of the most important parts of your application, and also one of the hardest ones. Why? Great results on exams will not guarantee you an invitation for an interview. On the other hand, good results and a terrific personal statement could. So take it as the opportunity to show to the acceptance committee why you are THE CANDIDATE they must invite. You want to answer two vital questions: why you want to become a healthcare professional and why are you the best choice?

At first, remember who the readers of your personal statement are. The members of the committee see hundreds or even thousands of applications, and they are looking for something real, authentic, and unique. It is time for you to show your personality, your passion, and your commitment to the career that you want to do for the rest of our life. Be direct about why you have decided to be a healthcare professional. To a sentence: "I was always interested in becoming a doctor (nurse, dentist, etc.)" or "My parents are doctors so I want to be as well", without anything else of substance, is very difficult to buy into. Something or someone must have happened to you that made you decide on a career in healthcare. So what made you to make that choice?

Secondly do not simply list your activities and accomplishments. Again, they receive a lot of general works. They are looking for someone who has observed professionals in action (by volunteering in nursing or elderly care home, working with adults or children with disabilities, or having a work shadowing experience) and recognize the qualities that the professionals must have. During your volunteering experience or job shadowing, focus on what helps the professionals to work effectively with patients and other members of the hospital team.

There is another reason why they want you to have this kind of experience. They need to feel that you will not give up when things get tough, and this is your only chance to show them that you know what the reality of the profession looks like. You need to know what you are applying for!

Another point to bring up is how long you were participating in your volunteer or shadowing work, and what you saw while you were there. Did you interact with patients? Did you talk to them? What was the most moving moment of your experience? Do just not say that you shadowed a doctor in general surgery, tell them specifically what procedures you saw and what you gained from the experience.

Some of you are perhaps worried that you do not have enough of this kind of experience. Don't give up! Apart from your clinical experience, the committee also looks at your activities outside of the school or hospital. What are your hobbies? How was your school or college life? For a healthcare professional, it is also important to have communicative skills and the ability to work in a team. Show that you have that! Tell them about social activities in which you have participated. Do not forget that you always have to link it to the course you are applying for. Why is it relevant to your field of study?

Remember that nothing is too small to be in a personal statement. You just have to be able to connect it to your field of study. Just evidence your interest! That is what personal recommendation is for.

For US (AMCAS): You are supposed to write 2 essays. Your first essay can have up to 5300 characters and is sent to all schools you are applying to. On the other hand, the secondary essays are sent to each school individually. Do not just copy them to all schools who have requested a second essay. Otherwise, you could forget to erase some of the information from the previous school. In the second essay, mention why you want to study at this particular school.

For UK (UCAS): You write only 1 personal statement. This is sent to all schools you are applying for (the maximum is 4). As the job review is only for paid jobs, you should write a voluntary or unpaid work, study programs, and work shadowing experiences in the personal statement. Do not forget to be specific about them.

Who can be your mentor?

Our center is highly specialized and is the only one of its kind within the Czech Republic. The system of care of a child with heart or blood vessel diseases is in there on a world level, thanks to a great centralization of cases and flawless screening.

I enjoy working and further improving the name of our department and our specialty. Caring for the little patients requires a great amount of empathy, patience, specialized knowledge, and professional approach.

I can share all of this with you during the CHP Program. You will see the nursing care for children suffering from heart and blood vessel diseases, arrhythmia, inborn heart disorders, patients before and after a surgery, incoming patients from cat-lab, incoming newborns with inborn heart disorders, the completion of nursing duties, the reapplication of bandages to surgical wounds, bedsores and so much more.



Bc. Nikola Blaškovanová

Nikola is the Pediatric nurse in the ICU of Children's Heart Center. She has been working at PICU in, King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia, and also took a Charity mission in Cambodia within the MEDEVAC project – that provides nursing care of pediatric patients after surgeries of congenital heart disorders, education, and supervision of the local nursing team.



How to structure your personal statement or essay

What are the strong parts of your experience and qualities? How will you evolve the statement? How will you start and how will you end? Make the text authentic, smooth, and about you!

Before you start to write your personal statement, write down everything that you want to write and why. It is always important to organize your thoughts. This only takes about half an hour but it saves you more time later by writing. We would suggest using a format called a "Mind Map." For creating a mind map, you may use an online creator mindmapfree.com which makes it even faster.

For inspiration, we selected some well written parts of personal statements of other applicants from previous years. Try to notice how the writer tries to fit in as much information as they can, with as few words as possible. Notice how everything is connected to personal experiences and qualities.

Have a powerful intro

From an early age I have been fascinated by the workings of life. The human body is a remarkable machine with many diverse systems producing an organism that could never be artificially reproduced. My love of science is just one of my reasons for choosing medicine. I enjoy a challenge particularly towards a rewarding objective and although medicine is a tough career it can be enormously gratifying, highlighted by the doctors I have spoken to during my experience and on a personal level.

Right at the beginning we find out why the writer chose medicine as the field of study. Furthermore "My love of science is just one of my reasons..." gives the reader reasons why he / she has chosen the medicine. And look at the tiny detail "...by the doctors I have spoken to during my experience..." - the writer was able to fit in this short paragraph the fact that they have experience in clinical environment!

Read the whole personal statement [here](#)

Talk about your courses

The IB program has prepared me academically to take on the challenging course of medicine. HL Chemistry and Biology have improved my grasp of the experimental process, especially the analysis of results. HL Mathematics has enhanced my problem solving skills, whilst TOK has advanced my critical thinking skills. The independent lab work I did for my IB extended essay, for which I tested the tolerance of a probiotic against antibiotics, familiarized me with bacteria culture growth, including sterilization procedures.

Try to show that you are able to study challenging courses and that you know how to study. Show what you have learned from the courses you have taken. How it developed your skills

“... enhanced my problem solving skills...”. Whether you did some extra work “The independent lab work I did...” and what you particularly dealt with ...”... I tested the tolerance of a probiotic against antibiotics,...

<http://www.studential.com/personal-statement-examples/medicine-personal-statement-8>

Discuss activities outside of the clinical environment

Sure you have activities outside the field such as clubs, hobbies, or a part time job. You may enhance parts that you learned and which help you to be a great healthcare professional “strengthened my confidence when dealing with people of all ages, ...”. Not to mention the writer was also able to fit in the ability to speak foreign languages, love for sport, and reasons why is sport important for doctors.

Effective communication skills are vital for the doctor as an integral part of the community. My time at the courier company DHL has strengthened my confidence when dealing with people of all ages, abilities and backgrounds in a variety of customer service situations. I function well in busy environments, under pressure and to deadlines. I am also able to speak fluent Cantonese and a Chinese regional dialect, which gives me more opportunity to speak to people in their own language. I stay active and regularly attend the gym and play both tennis and football, which helps me to manage stress and boosts my confidence. Doctors require good fitness both physically and mentally and staying active is an important requirement.

<http://www.studential.com/personal-statement-examples/medicine-personal-statement-17>

Show that you know how to handle pressure:

This is a must. Everything that makes you special in undertaking an experience abroad definitely belongs here. This shows you are ready for the profession. “...I learned how to adapt to such situation” - that is not something you have always been able to do. You need to get it under control and that does not happen over night.

In the summer holidays, I went to Pakistan. During my two months there, I volunteered to work in the local hospital. I was constantly put under the pressure a large hospital faces, but rather than 'run away' I learned how to adapt to such situations. This experience has made me realise what working under such conditions feels like and I am thankful for the valuable experience I have gained.

<http://www.studential.com/personal-statement-examples/medicine-personal-statement-32>

Demonstrate that you know which qualities a healthcare professional needs to possess:

Realizing that the art of healthcare is not only about knowledge but also about personal qualities is a must when you want to make a career in this area. Showing specific parts of your experience will make it even more personal and authentic.

I have experienced first-hand how diverse a doctor's job can be; not just prescribing drugs or performing surgery but also empathy and compassion being key to delivering an effective care. This fact was highlighted during a period of shadowing a Professorial unit at a Department of Psychiatry. Here, I realised the importance of treating patients in a holistic manner; doctors need to be skilful enough to deal with the health implications of both physical and psychological complaints.

<http://www.studential.com/personal-statement-examples/medicine-personal-statement-1>

We hope our advice will help you to write a killer personal statement or an essay. Before you send your personal statement give it to someone to read. It could be your parents, teachers, or friends. Ask them what they think about it, but do not let them rewrite it for you. You are applying, and you are writing the work. It is normal that you will have a lot of scripts before you finally decide to send it. You will be rewriting them over and over again. But that is part of the process.

Who can be your mentor?

Physiotherapy as a profession is incredibly interesting. Every single patient brings a new dimension to work, as you can see on placement in our center. We have to work, not only with different bodies, but also with different characters. The spinal Unit is a very specific unit for neurological patients with a narrow range of spine and spinal cord injuries. Physiotherapy with these people is long term and very intensive. When patients arrive, they are confined just to bed and they become progressively more and more self-sufficient to a certain degree. Every single patient is a surprise in terms of therapeutic effectiveness. Despite personal traumas, they are thoroughly thankful, kind, and immensely hardworking. All of them try to do their best, thus, forcing us to do the best ourselves and further improve our therapeutic goals and horizons. It is not only us, who motivate and teach the patients, they do the same thing for us every day. It's a mutual and beneficial process. And you can be a part of it.



Mgr. Barbora Frgalová

Barbora is the Physiotherapist at the Spinal Unit in the Specialized Center of Rehabilitation and Sports Medicine. She says that the experience in the Spinal Unit is very unique, not only because of how specific the diagnoses of spinal lesions are, but also because of the extremely close bonds between the patients and the hospital staff.



15+ tips that makes your admission interview successful

Your interview is scheduled? Congrats! Being invited for an interview is already a great achievement itself. Be proud. Your application was strong! The interview can be the breaking point in your application. This is the time to persuade the admissions committee you belong to that school and healthcare is your true passion. And you have only about 20 minutes to do that!

You will be interviewed by 2+ interviewers – perhaps your future tutors. To calm you bit down they usually start with a question along the lines of “why did you apply for this particular school and the course itself” or some question that is not hard to answer. Afterwards the discussion will be more fluid more challenging. Do not be surprised when you don’t have the answer to a question. You will have to deal with questions you have never heard before (How would you weigh your head? how would you poison someone so the police would not find out?). Sometimes they do not know the answer as well. The main reason they ask these questions is to find out if you are able to think effectively. And when you do so, do it out loud so they may hear you and make a judgement.

Before you enter the room read carefully your personal statement or essay as most of the questions will be about it. They want to get to know you so they will try to dig up something from you in field of your interest – things you wrote in the statement or essay. So when writing the personal statement write only what is really important to you! You need to be able to extend it. If you will give just a plain answer as “I did a lot of voluntary work” and nothing extra they might simply think it is a lie. And who could blame them! Furthermore, they are looking for your commitment and motivation to the studies and they are not able to do the judgment if you give only short answers.

Be prepared to speak about the modern issues in medicine. Being a medical professional is not simply about memorizing anatomical terms and necessary medication. There will be a variety of political, economic, and ethical issues that you will encounter. What are your opinions on healthcare reform? Will you be easily influenced by pharmaceutical companies? Have you considered your position on assisted suicide? What is more important to you: Your commitment to the medical code, your personal convictions, or the laws of the land you live in? These three things will likely not always coexist in harmony.

You should also be aware of what is happening in the world. What is being discussed? What are the new research developments and new advancements? Keep reading newspaper articles, online journals, and magazines.

For career in medicine read:

medicalnewstoday.com; medicinetoday.com; sciencedaily.com; news-medical.net; cnn.com/health

For career in nursing & midwifery read:

news.nurse.com; nursinginpractice.com; theguardian.com/society/nursing;
thenerdynurse.com; innovativenurse.com; sciencedaily.com

For career in dentistry read:

sciencedaily.com, dentistrytoday.com; medicalnewstoday.com/categories/dentistry;
dentalhealth.org/news; dental-tribune.com

To stay motivated read:

entrepreneur.com; inc.com

During the interview they will check your knowledge in the field, so they can determine whether or not you will be successful with your studies. Of course they will not want you to name all the muscles of a hand in Latin, but they might ask for a basic overview. It's also quite common for them to ask about what the role of medicine in today's society.

Practice makes perfect! A rule that is applicable even here. Practise your interview with your parents, teachers, friends, and also people you do not know much, to have experience interviewing with strangers. Try to write down answers for questions you have a feeling they might ask you.

Do not forget that you will be nervous. No one would be calm in this situation, it's natural. You will meet people you do not know, who may not be nice, who they are the ones who make the decision. You have to make the right impression.

When coming to the interview do not forget for these tips:

Be on time

The first impression is very important. Coming late to your interview would definitely make you stand out but not in the way you would want to. You should arrive 30 minutes early, just to be safe.

Dress well

Imagine this would be your job interview. How would you get dressed? Definitely not jeans and your favorite t-shirt. Wear a nice dress/suit and make sure your shoes are cleaned and polished. You would be surprised what your shoes can say about you. Try and feel comfortable. Girls, if you are not used to wearing high heels, leave them at home and wear flats instead. Having uncomfortable clothes and shoes will make you even more stressed.

Hygiene

When interviewing, the clothes is not the only thing that matters. Think about your hair style. How would you react on someone coming with blue hair?

Another important part of your body is your hands. Don't forget that you will shake hands! Even if you don't, you need to have good looking hands. Have a manicure before you go, and when having your nails polish, forget about shiny colors.

Who can be your mentor?

Radiology is kind of a game and kind of a detective story. You play with big toys seemingly from sci-fi movies while conducting fluoroscopy or CT. While doing an ultrasound you feel like you're playing a computer game but in a way that provides care to people. When you search for pathologies in images it is just like solving a puzzle. Just like cracking a detective's case where you need to put together all of the available information and determine the diagnosis. If you love physics, you would fall in love with the field of radiology. It is a great job that combines physics, technique, and medicine. The contact with all fields of medicine is very attractive to me. This allows you to have a very complex overview and knowledge. As a radiologist you grow as a professional as well as a person. Our cooperation with other doctors constantly widens our overview. Radiology also has plenty of opportunities for scientific work. Imaging methods have grown a lot in the last 30 years and I think this evolution will go further on. Be a part of it!



MUDr. Martin Kočí

Martin is a Radiologist in the Radiology and Diagnostic Imaging Specialized Center. During his studies he realized that this job is the one that makes sense. He thinks that no matter what you run into in your life, you should have a job that has a purpose.



A few minutes before you enter, drink some water, refresh yourself with deodorant, and eat few mints for fresh breath.

Mannerisms

Sometimes the committee will want to shake hands with you. Wait for them, don't initiate. They are the authority; they have to show that they want to shake hands with you. Anyway, practice a firm handshake. It is one of the first and last impressions you have, and your only physical contact with your interviewers.

Be respectful

You never know who you have just met. It could be your interviewer, a secretary, or the dean. Be respectful and kind to everyone you meet. When you speak do not be arrogant. Be confident, but try to find a balance between being confidence and arrogance. Sell yourself but show that you are a team player!

Use positive language

They are looking for a positive person who has good organizing and communication skills. If you say that "A doctor does a lot of paperwork, and I am definitely not looking forward to it" or "I think the studies will be really hard and I will have to give up on a few things", are you really committed to the course?

Be yourself

Being yourself might sound cliché. You must be hearing it all the time. But it works! The committee members want to know the real you. Prepare some answers but try to appear genuine.

Be authentic

If they invited you to an interview, you almost certainly participated in some study program or participated in some voluntary work. Talk about it. Talk about what you have experienced, and what you had to deal with. What was the moment when you realized that you really want to be a healthcare professional? Our suggestion is to write down the experiences during the voluntary work, programs, or placements. Make an argument for why they are important to you.

Know yourself

Do you know what your strengths and weaknesses are? The answers to this question can be some of the most difficult to find. If you do not know, ask your parents, siblings, friends, or teachers how they would describe you. Write down their answers and choose the qualities that describe you the most.

Which of these can help you to become a good doctor, nurse, dentist, or physiotherapist? Have you thought of that? So you find out that you're caring. But what does it mean? Prepare a specific situation where you can demonstrate your quality!

Be mindful of body language

Non-verbal communication is an often overlooked aspect of an interview. It is a huge part of the impression you make and how you present yourself. Try and take some time to watch educated and well-versed orators in interviews or presentations. Watch politicians or entertainers, see what they're doing with their hands, when they're making eye contact, and when they become restless.

Listen

It is typical at the beginning for the committee to sum up what they read in your application. Repeat the important parts, nod with your head, and confirm what they said, and maybe add some extra info.

Listen very carefully to the questions. Be comfortable having them repeat the question they gave you if you did not understand. If you try to answer and did not hear the question clearly, you could sound foolish; it is much better to ask for clarification than give an irrelevant answer. Remember, you do not need to answer straight away. Take a moment to think about it first. Take a deep breath. Replay your answer in your head, and then start talking.

Have the answers

You may find lists of typical questions online, that you may want to review. It is obviously helpful to be prepared for the questions, so that you don't get unnecessarily nervous. If they ask you for a question you don't know the answer to, don't be afraid to simply answer "I am sorry but I don't know". It is much better then to give a wrong or senseless answer.

Know the school

One of the typical questions asked is if you would have to decide between our school and another school that you have been accepted to, why would you choose ours? Or, why are you applying to this medical school? You need to know about their schedules, system of education, study base, laboratories, opportunities during studies, and so on. A great touch is personal – "my friend is studying here and s/he totally loves it, because" ... or "I have talked to students here and"

Prepare questions

It is natural to prepare some questions concerning the school to demonstrate your interest in the program. It makes a good impression to have a few questions prepared. Make a list and ask about student life, research opportunities, work opportunities, and so on. It can even be something you already have an answer for.

Stay away from your phone

If possible, leave your phone at home, in your car, or somewhere very deep in your bag. Don't forget to silence your phone, or turn it off.

Control your emotions

It will be a stressful situation. You may not like a member of a committee, but do not let it show. The interview might not go according to plans. This is normal; they try to out of your

comfort zone to see your reactions. Do not be surprised when they ask you some unpleasant questions.

Send thank you notes

When the situation is right send a thank you note. First, it is socially required. Second, you may get in touch with a person who makes a decision about letting you in! Write them an email that you are glad they made time to meet you and how much you appreciate it.

If you'd like to read more about interview questions and how to prepare, we would encourage you to follow the links below, where reputable medicals provide information to potential students about what they can do to succeed.

- Interview Prep and sample questions provided by Harvard Medical School.

<http://ocs.fas.harvard.edu/medical-interview>

- Sample questions from the medical school at the University of Colorado.

http://www.colorado.edu/advising/sites/default/files/attached-files/Med_100%20intquest.pdf

- Sample questions from the Massachusetts Institute of Technology

<https://gecd.mit.edu/sites/default/files/grad/files/sample-med-school-interview-questions.pdf>

- Interview tips from the Ohio State University

<http://medicine.osu.edu/students/admissions/Documents/InterviewingTips.pdf>



GETTING READY my information

I WOULD DESCRIBE THE DECISIVE MOMENT WHEN I CHOSE TO
ENTER A CAREER IN HEALTHCARE AS:

AS A HEALTHCARE PROFESSIONAL, I NEED TO POSSESS
THE FOLLOWING SKILLS:

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MY STRENGTHS AND WEAKNESSES WHEN IT COMES TO BECOMING
A GOOD HEALTHCARE PROFESSIONAL ARE:

playing volleyball - I am a team player

I am sometimes slow to make a decision

I WANT TO HIGHLIGHT THESE ASPECTS OF MY VOLUNTEER AND
WORK EXPERIENCE IN MY ESSAY OR PERSONAL STATEMENT:

because

because

because

THESE PEOPLE COULD PROVIDE ME WITH EFFECTIVE
PERSONAL RECOMMENDATIONS:

Name

Title/ position

Relationship

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<hr/>	<hr/>	<hr/>

THEY SHOULD DESCRIBE ME AS:

THE ADMISSION COMMITTEE SHOULD **CHOOSE ME** BECAUSE:



DURING MY INTERVIEW, I WOULD LIKE TO FOCUS ON MENTIONING:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

I SHOULD PREPARE TO ASK THE FOLLOWING QUESTIONS DURING MY INTERVIEW:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

I HAVE APPLIED TO FOLLOWING COLLEGES AND UNIVERSITIES:
WHY DO I WANT TO STUDY AT THESE PARTICULAR INSTITUTIONS?

Name of the institution:

I want to study there because:

Name of the institution:

I want to study there because:

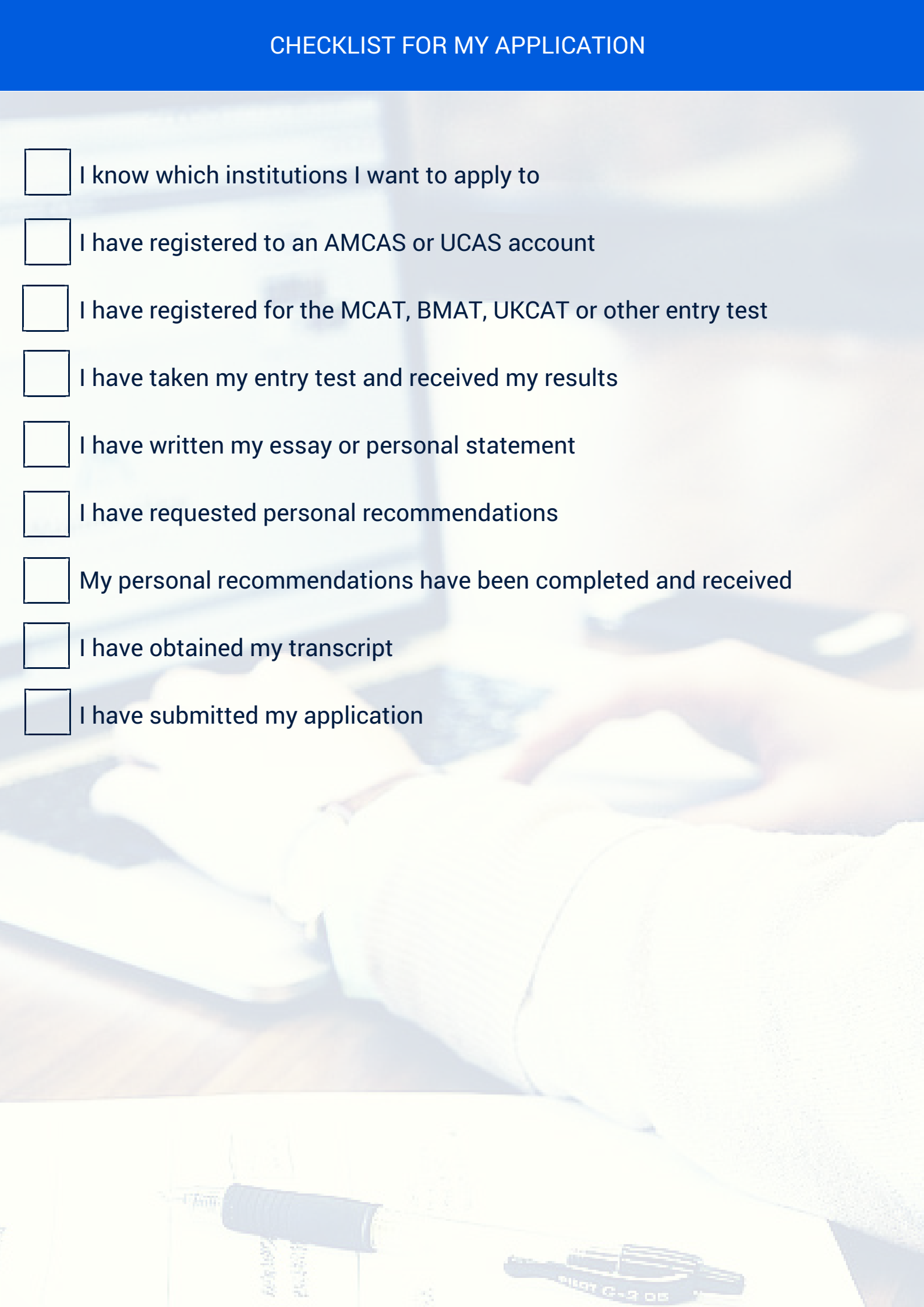
Name of the institution:

I want to study there because:

Name of the institution:

I want to study there because:

CHECKLIST FOR MY APPLICATION

- 
- ☐ I know which institutions I want to apply to
 - ☐ I have registered to an AMCAS or UCAS account
 - ☐ I have registered for the MCAT, BMAT, UKCAT or other entry test
 - ☐ I have taken my entry test and received my results
 - ☐ I have written my essay or personal statement
 - ☐ I have requested personal recommendations
 - ☐ My personal recommendations have been completed and received
 - ☐ I have obtained my transcript
 - ☐ I have submitted my application

I was rejected. What now?

We wish you only a success. But sometimes success starts with failure. Unfortunately, you will not always have the ability or the opportunity to succeed the first time at everything that you do. There will be failures and difficult challenges throughout your life. Medical school is no different. You may not be accepted the first year you apply. Perhaps you didn't have the correct credentials, or there were more experienced candidates or available, or there simply wasn't enough space in the class.

"Believe in yourself. Only you decide about your future. "

It is unpleasant to be rejected from a school that you dreamed to be in. Do not give up the dream, but rather start to work harder to get there next year. Find information for re-applying next year and in meantime work on boosting your application and other aspects of your application, such as writing an essay or personal statement and your oral presentation.

Ask for feedback. Unfortunately, not every school gives you feedback, but it doesn't hurt to try. Even a small amount of information can help you next year. Do not be afraid of the criticism you might get. It can set you in a right direction. If the school does not give you feedback, ask your teachers or student advisors. They might help you define your weaknesses and what you should improve, as they know you better than people from the school for which you applied.

Secondly, broaden your experience. Perhaps you were lacking in experience, and there were other candidates who had more. Find a voluntary job in hospital, elderly care house, chronic care center, or a program that can provide you with job shadowing experience.

Another option is to start publishing on social media such as Twitter, Instagram or Tumblr. Start to follow the influencers from your field or people who got rejected first as well. Make a LinkedIn profile and start to follow groups that are about healthcare and university admissions. Connect with people from the field.

Start to read books and articles to broaden your knowledge. Subscribe to medical journals that publish the latest medical discoveries, and are frequently read by the people you want to be your future peers. Consider expanding your education by taking classes in the summer and in the evenings. Become familiar with opportunities in your community to become a first responder, or first-aid certified.

Make a plan of what you want to achieve within the year. The plan should contain answers for following questions:

1. What are my goals of this year and how will I achieve them?
2. What and who could help me?
3. What do I want to achieve it?

You might also want to consider other universities. Perhaps you did not get into the school you wanted to, but going to another school might be just as good for you. Visit the university or college and decide if you want to study there. If you got rejected from all of the schools that

you applied to, do not panic. You may take a year off to study, travel, or work, and then re-apply the next year with the new experience you've obtained. Some schools even accept students into the summer so try to explore all of your options.

Take the rejection as an opportunity to better yourself. Everyone experience failure. But sometimes the failure should have happened. Sometimes failure is the spark that pushes us on the road of success.





MUDr. Jana Pavlíčková



**What doesn't kill you
makes you stronger**



MUDr. Ondřej Sobotík



**Health is a precious treasure. We realize
its true value once we lose it.**



Bc. Lucie Laciaková



**The future belongs to
those who believe in the
beauty of their dreams.**



MUDr. Silvie Ševčíková



**Fate shuffles the cards and
deals them, and all we can
do is play the game.**



MUDr. Alžběta Hajná



**Everything that is worth
doing is worth doing
well.**



MUDr. Martin Hruďa



If life isn't at risk, nothing is.



MUDr. Radim Kukla



Promises should be kept.



MUDr. Grigorij Meseřnikov



**Treat others in the way
you want to be treated.**



Bc. Alena Hyřřlová



**Even a meaningful path
can be your purpose.**



MUDr. Martina Vrabcová



**Life is a gift
and we decide
what to do with it.**

Conclusion

It is our sincere hope that you can use your experience at the CHP program to better yourself, and gauge your interest in the medical field. Having an interest in being a doctor, nurse, paramedic etc, because of family members, entertainment, or human interest is great, but you may very well discover that a hospital is not for you. That's okay. It's much better for you to discover this while you're still in high school or university, rather than waiting until you start medical school to realize it isn't what you want.

However, there's no way to find this out unless you try. If you stay home and only imagine what working in medicine looks like, you'll never know how you'll actually feel about it. The CHP program gives you a chance to create your own opinion on the matter. It will help you determine whether or not medicine is for you. When the admissions committee for a medical asks you why you want to be a doctor (and they will) you'll be able to say "I spent X weeks in a hospital, and I enjoyed Y things about my experience." This answer will give the committee confidence that you're not going to wash out after the first two weeks of the program, and that you're committed to becoming a healthcare professional.

Who can be your mentor?



My department will be exciting for those of you, who like active jobs. As mine varies from one moment to the next, only a very little of the work I do is typical or mundane.

What do I love the most about my specialty? I like acute procedures such as intubation, artery cannula, thorax punctures, and others. It is great to have experience with multiple types of dialyzed machines, ventilators, monitors and others. The attitude of the doctors and nurses is something what I really appreciate. Also, I like to look closer at ECG waves and try to understand them more. The most interesting part of my work is surely treatment of the patient. I love when we take care of someone for a couple of months and finally he or she goes back home.

You will be able to see special devices such as intra-aortic balloon counterpulsation or ECMO (Extracorporeal Membrane Oxygenation), dialysis machines and more. If you want to know everything that is required for work in this specialty and how healthcare professionals work as a team, choose this placement.



Bc. Jakub Lorenc

Jakub is the Health Care Assistant in the ICU of Cardiovascular Surgery Specialized Center. He works in the specialty for 4 years, 2 other years he spent by working at the senior home care.

10 Reasons why to choose us

- 1 **KNOW** EVERYTHING BEFORE YOU GO, INCLUDING YOUR DEPARTMENT AND MENTORING TEAM
- 2 **BE READY** TO GET MOST OUT OF YOUR PLACEMENT WITH EXCLUSIVE STUDY MATERIALS
- 3 **SHADOW** REAL PROFESSIONALS IN A CLINICAL ENVIRONMENT
- 4 **GAIN** A RECOMMENDATION FROM THE BEST
- 5 **BOOST** YOUR UNIVERSITY APPLICATION AND EXCEL DURING INTERVIEWS
- 6 **NETWORK AND CONNECT** WITH YOUNG STUDENTS FROM AROUND THE GLOBE
- 7 **DISCOVER** YOUR POTENTIAL AND SET OF SKILLS EVERY HEALTHCARE PROFESSIONAL SHOULD POSSESS
- 8 **ACCESS ALL** ASPECTS OF THE CHP PROGRAM WITH OUR STUDENT WEB SYSTEM
- 9 **EXPLORE** MAGNIFICENT PRAGUE AND THE CZECH REPUBLIC WITH GREAT CONNECTIVITY
- 10 **RELY ON** THE CHP TEAM SUPPORT ON THE SPOT 24/7

The Czech Hospital Placements Program is a study program designed, owned and organized for future healthcare professionals by Czech company BPLANS be organized s.r.o.

We thank University Hospital in Motol and their employees for a close cooperation and excellent partnership.

Get in touch with us:

info@chpprogram.com

#CHPprogram

LOVE WHAT YOU DO WITH EVERY HEARTBEAT



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