

CAREER AIMS – THE HEART OF ANY CV

Stephen Covey in his best selling book - Seven Habits of highly effective people - talks of the importance of starting with the end in mind. This is of utmost importance to all of us - not just in interviews - but also to know what we want - where we want to go -

While evaluating CVs and application forms, rightly much importance is given to career aims. It is important that we think carefully about this and define for ourselves our professional objectives and the timelines for achieving these. Write this in detail and examine it regularly to ensure you still agree with it.

Do not be afraid or try to be 'realistic' when you do this - this is one of the important pitfalls to avoid - your career aims are your ambitions - let them be high - believe in yourself.

Sanjeev Deshpande in his advice remarks on how many of us lack focus and expresses this in interviews - as i would like to be a nephrologist or a cardiologist. Ok, maybe in your mind you feel like this, but what is it that you want to be if everything went your way - if it is nephrologist - say so - and also build your CV to this aim - doing appropriate jobs, audit, research, presentations all focusing on your speciality of interest. This can start with your first job in the UK.

Similarly join the subspecialty group and become part of this network and attend their sessions in the YORK spring meeting and elsewhere. Express your interest to consultants in the field and ask for guidance. Read all recent articles in your speciality so you are up to speed with thinking. Look for opportunities to write letters that are the most time effective of publications. Look up the syllabus for your speciality and also find out which are the accredited centres for this.

Seek out jobs in centres that are well established in the speciality of your interest. Work in regions that have plenty of trainee numbers so that the chances of being absorbed with a NTN are high. I think it would be fair to say that your chances are higher in regions where you have worked previously and people know you.

If you are interested in spending time in research, find out which are the centres in your area of interest, and express your interest to them.

Finally do not feel you have to say anything that is false or not yourself. If you are not interested in research, say so, say you are a clinical person and would miss clinical work greatly though you agree that research is important. If you are not sure of your long term plans - eg INDIA vs. UK -- say so.

By Lakshman