

## SKILLS BASED SELF-ASSESSMENT

1. **Non-academic achievements:** Applicants can select **TWO out of FOUR** non-academic achievements. You are advised to select the highest scoring achievements. Applicants must be aware that **achievements scored** in this domain **CANNOT** be used to claim points in another domain.

Descriptors	Scores	Guidance
None	0	
<b>Sports and Competitions</b>		
I was selected to play <b>competitively</b> for <b>SIX or more months</b> .	2	You undertook a specific role in a team or played competitively against another individual.  This extends beyond the traditional sports activities (football, cricket, netball, swimming, cycling, etc) and includes non-mainstream sports and competitions like (debating, snooker, poker, darts, gymnastics, esports etc)
I have worked as a <b>captain</b> of a team for <b>SIX or more months</b> .	3	
I have <b>coached</b> a team for <b>SIX or more months</b> .	4	
<b>Voluntary work</b>		
I have <b>volunteered</b> for more than <b>THREE months</b> in the UK/Abroad.	2	This includes volunteering in a charity shop, healthcare setting (nursing home), animal shelter, youth club and other environmental or community initiatives.
I actively <b>participated</b> in charity/fundraising event.	2	This includes running a marathon, doing a triathlon, skydiving and using your skills (painting/ photography) to raise money for charity.
I have <b>organised</b> a successful charity/ fundraising event.	4	You oversaw the fundraising event and coordinated with others to organise and promote the event.
I have <b>volunteered</b> to work in the UK/abroad for more than <b>SIX months</b> .	5	This includes volunteering projects where you worked in childcare, teaching, healthcare, wildlife/animal welfare or community development projects.
<b>Music and Drama</b>		
I have had a role in a performance.	2	You have had a role in a drama, dance, or musical performance.

I play a musical instrument.	3	You have achieved grade 7, 8 or diploma level in music.
I have <b>organised</b> or <b>directed</b> a drama, dance, or musical performance.	4	You oversaw the event and coordinated with others to organise and promote the event.  You may select this if you have worked as a conductor directing a musical performance, such as a concert.
<b>Business/ enterprise</b>		
I have setup a business which has been trading for more than <b>THREE months</b> .	5	You setup your own business or are a co-founder of a business.
<b>Examples of Acceptable Evidence</b>		
Evidence not listed may be acceptable if it can be validated		
<ul style="list-style-type: none"> <li>• Original letter confirming your role from sports club, university, music/drama school, voluntary charity, or organisation</li> <li>• Original certificate (ABRSM certificate for music)</li> <li>• For currently trading limited companies please provide your company registration number (CRN) as issued by Companies House, copy of public liability or employer's liability insurance certificate</li> <li>• For currently trading sole traders please provide evidence of registration with HMRC</li> <li>• For previously established businesses trading for more than 3 months please provide evidence of previous trading</li> </ul>		
<p>2. <b>Prizes and Awards:</b> Where an applicant has more than one prize, points are only awarded for the prize which attracts the highest score.</p>		
<b>Descriptors</b>	<b>Scores</b>	<b>Guidance</b>
None	0	
I have been awarded one or more undergraduate prize/award from my medical school.	2	You came first, second or third place.
I have been awarded a recognised prize/award for my role in sports, music, drama, business, or community initiatives.	2	You may only claim this if you came first, second or third place.
I have been awarded a <b>national prize/award</b> related to medicine, Quality Improvement, research, leadership, or education.	3	You came first, second or third place.  You may only claim this if the prize/award was open to medical undergraduates and/or postgraduates in the country of training.  This can be an essay prize from a Royal College, British Association of..., The Royal Society of Medicine, charity or a

		prize/award for best poster or oral presentation.
<b>Examples of Acceptable Evidence</b> Evidence not listed may be acceptable if it can be validated		
<ul style="list-style-type: none"> <li>• Original letter from medical school</li> <li>• Original prize/ award certificate</li> </ul>		
<b>3. Teaching-</b> Where an applicant has designed or organised more than one teaching programme, points are only awarded for the teaching programme which attracts the highest score. You may only claim points if you were actively involved in the teaching session.		
Descriptors	Scores	Guidance
None	0	
I have taught students (school aged children, sixth form students, medical and other healthcare professionals) <b>occasionally</b> .	2	You have provided teaching on an ad hoc basis. You have evidence of formal feedback from these sessions.
I have provided <b>regular</b> teaching to students (school aged children, sixth form students, medical and other healthcare professionals) over a period of <b>approximately THREE months</b> or longer.	3	This includes tutoring, mentoring, 1-to-1 teaching at the bedside, in a classroom or a virtual learning environment.
I have <b>designed and organised</b> a local teaching programme for students (school aged children, sixth form students, medical and other healthcare professionals) consisting of <b>more than FOUR sessions and contributed regularly</b> to teaching over a period of <b>approximately THREE months</b> or longer.	4	You have worked with local tutors/medical school to design and organise a local teaching programme and arrange teachers.
I have <b>designed and organised</b> a regional teaching programme for students (school aged children, sixth form students, medical and other healthcare professionals) consisting of <b>more than FOUR sessions and contributed regularly</b> to teaching over a period of <b>approximately THREE months</b> or longer.	5	You have worked with regional tutors/medical school to design and organise a teaching programme and arrange teachers.
I have <b>designed and organised</b> a national teaching programme for students (school aged children, sixth form students, medical and other healthcare professionals) of <b>more than FOUR sessions and contributed regularly</b> to teaching over a period of <b>approximately THREE months</b> or longer.	6	You have worked with national tutors/more than one medical school to design and organise a teaching programme and arrange teachers.
<b>Examples of Acceptable Evidence</b> Evidence not listed may be acceptable if it can be validated		

- Letter confirming involvement in teaching programme from medical school/hospital/other organisation
- Formal teaching feedback form(s)

**4. Quality Improvement Project (QIP)/Clinical Audit/ Service Evaluation and Research Projects** - Where an applicant has been involved in more than one project, points are only awarded for the project which attracts the highest score. Applicants must be aware that projects used to claim points in this domain **MUST NOT BE USED** be used to claim points in another domain. You must decide which domain you want to use your evidence. You are advised to use it in the domain that awards you the highest score.

Descriptors	Scores	Guidance
None	0	
I have participated in <b>some stages</b> of this project.	2	You were not involved in all stages, but you may have assisted with data collection, data analysis, suggested recommendations for change.
I have participated in the <b>design and implementation</b> , but <b>I have not presented</b> the complete results at a meeting.	3	You participated in all stages of a PDSA cycle/iterative research. If the change/action step has not been carried out but only suggestions for change created this does not constitute involvement in all stages.
I have participated in the <b>design and implementation</b> , <b>AND I have presented</b> the complete results at a meeting.	4	You participated actively through multiple steps and presented the findings but did not take a leading role in the project.
I played a <b>leading role</b> in the <b>design and implementation</b> , but <b>I have not presented</b> the results.	5	You had a lead role in devising the question to be asked, developing the project plan, identifying potential solutions, implementing repeated change cycles, collating the results however you have not presented your work.
I played a <b>leading role</b> in the <b>design and implementation</b> , <b>AND I have presented</b> the complete results.	6	

#### Examples of Acceptable Evidence

Evidence not listed may be acceptable if it can be validated

- Copy of QIP/Audit/service evaluation/research project presentation/poster
- Certificate of QIP/Audit/service evaluation/research project presentation
- Letter from tutor, consultant or supervisor stating level of involvement

**5. Leadership and management**- Where an applicant has been involved in more than one leadership or managerial role, points are only awarded for the role which attracts the highest score. Applicants must be aware that leadership positions used to claim points in this domain **MUST NOT BE USED** be used to claim points in another domain. You must decide which domain you want to use your evidence. You are advised to use it in the domain that awards you the highest score.

Descriptors	Scores	Guidance
None	0	
I hold/have held a <b>local</b> leadership or managerial role for <b>SIX or more months</b> and <b>can demonstrate a positive impact.</b>	3	This can be a role related to your role as a medical student (mess president) or in a non-medical capacity (voluntary charity, scouting/guides, sports, creative arts) at a local level.
I hold/have held a <b>regional</b> leadership or managerial role for <b>SIX or more months</b> and <b>can demonstrate a positive impact.</b>	4	This can be a role related to your role as a medical student or in a non-medical capacity at a regional level.
I hold/have held a <b>national</b> leadership or managerial role for <b>SIX or more months</b> and can <b>demonstrate a positive impact.</b>	6	This can be a role related to your role as a medical student (medical students committee representative-BMA, representative of a specialist society or college or a nationally held leadership and management fellowship) or in a non-medical capacity at national level.
<b>Examples of Acceptable Evidence</b> Evidence not listed may be acceptable if it can be validated		
<ul style="list-style-type: none"> <li>• Letter confirming your appointment to a role</li> <li>• Letter confirming involvement in a leadership programme</li> </ul>		