

## Grid interview tips

### General interview tips

- Remember that you do not necessarily need a prior rotational placement in your chosen sub-speciality to succeed at interview.
- The panel are looking for clear, well-structured, and safe answers.
- They understand that you will be nervous.
- It is important not to rush your answers.
- You may find it helpful to break down your answers into parts: 'Firstly ... secondly and finally...'
- Approach the clinical question as you would if you were faced with this problem as a level 2 / Tier 2 trainee. The panel are not looking for a rare sub-speciality diagnosis.
- Similarly, the question regarding Academic understanding does not require you to have undertaken a post-graduate research project but you should understand research methodology and be able to critically appraise a paper.

### Setting yourself up for a remote interview

- Treat this like a face to face interview.
- Ensure that you have protected time off work and have a quiet tidy room with good Wi-Fi access.
- Wear comfortable but smart clothes.
- Keeping pets, small children, partners, and parents away is also a good idea!
- You may also want to have a glass of water at hand.
- Print off your invitation to interview and keep at hand so you can follow the instructions you have been given in your invite to interview and call the advised number if you have any technical issues or need to speak to someone after interview.

### Tips for remote interviews

- Make sure you organise practice interviews ideally with a local consultant in the subspecialty or current Grid trainee.
- A practice interview over Microsoft teams or zoom will give you a feel of what to expect at the real interview.
- Engage with your interviewers even though they are just 'faces' in small boxes on the screen. They will still pick up your passion for your chosen speciality.

## Resources

- We recommend that you thoroughly research a career in your prospective chosen speciality. Are you the right fit for your speciality and is the speciality the right fit for you? This will make the difference between a successful and unsuccessful Grid application.
- Read through your chosen sub-speciality Level 3 curriculum, the introduction to the sub-speciality will give you an overview of what to expect from a career in that sub-speciality and particular personal attributes that fit well with that speciality.
- Speak to a Regional Consultant and ideally Grid Trainee in your chosen speciality for information and advice.
- Contact Trainee CSAC representative to see if there are any Grid Training days/educational events that you can link into to get a better idea of sub-speciality training.
- Remember that you do not necessarily need to have had a rotational placement in your chosen sub-speciality before you apply for Grid. You just need to be able to demonstrate what has drawn you to that speciality in your general training experience to date.
- Finally, you will need to contact the CSAC chair if you do not have adequate indicative training time left at the start of your Grid post and /or you wish to get retrospective training posts at level 3 considered. This must be done before you submit your Grid application and email evidence from CSAC must be submitted at the time of your application.
- We advise against contacting your sub-speciality CSAC to simply notify them of your application. This will not favour and the sub-speciality CSAC will judge your application based on your short-listing score and performance at interview.