

Planning your next step – how to get started

LSHTM Careers
October 2024

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



We are here to help



**Fiona Telford – Careers
Consultant** Mondays
& Tuesdays



**Josh Phillips –
Careers Consultant**
Wednesdays,
Thursdays & Fridays

Contact us on careers@lshtm.ac.uk

- Please keep mics on mute
- Use the chat box for questions
- Trouble with sound? Trying leaving and coming back, try a different browser

The session will be recorded and put on Moodle under 'Exploring Career Options (Recordings)'

How confident do you currently feel about taking the next step in your career?



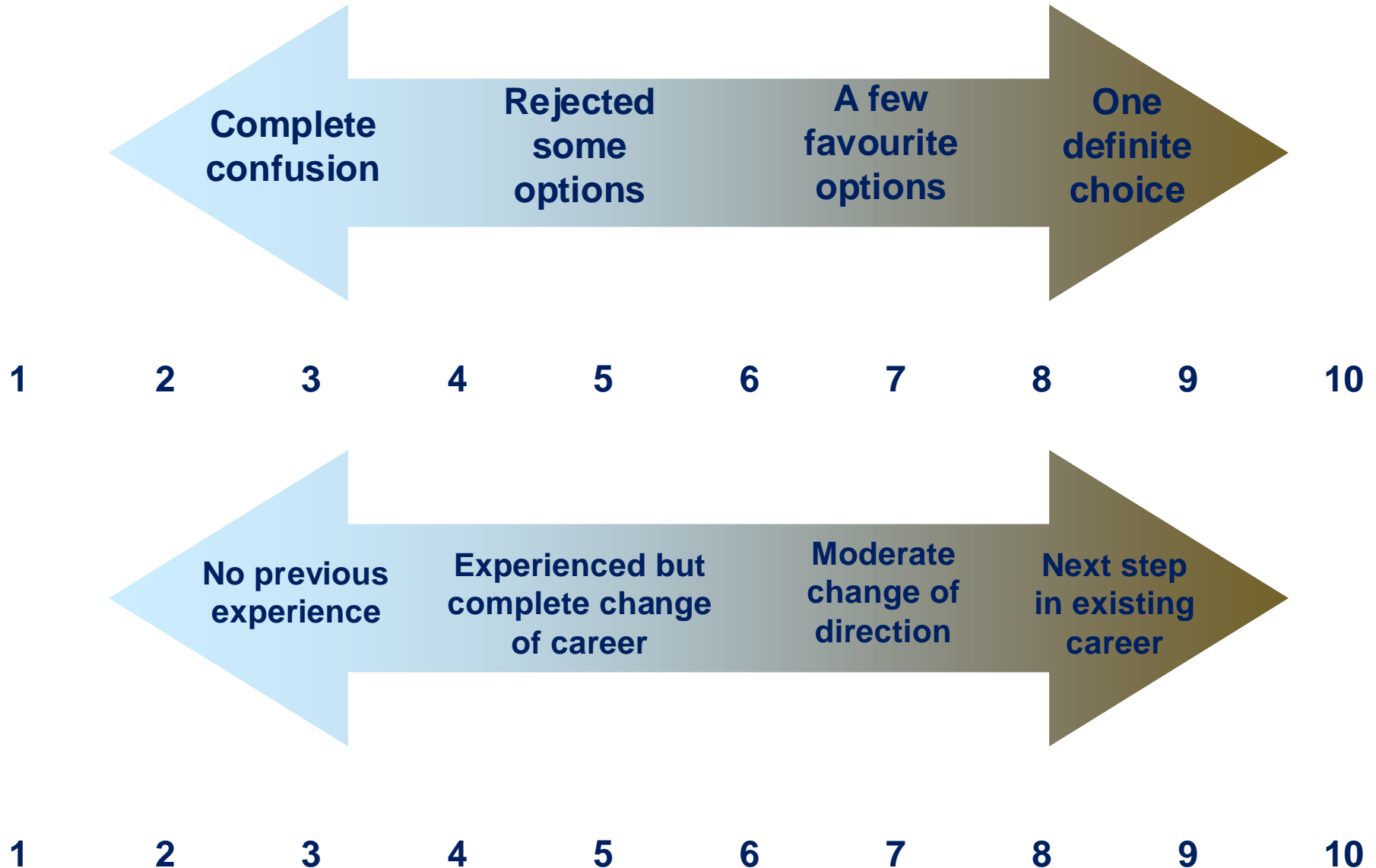
This session

Aim: to equip you with reflective career decision-making tools

Objectives: by the end of the session you will be able to

- Identify priorities for your next step
- Evaluate possible career options in the light of those priorities
- Formulate a plan for one action as a next step

Where are you now?

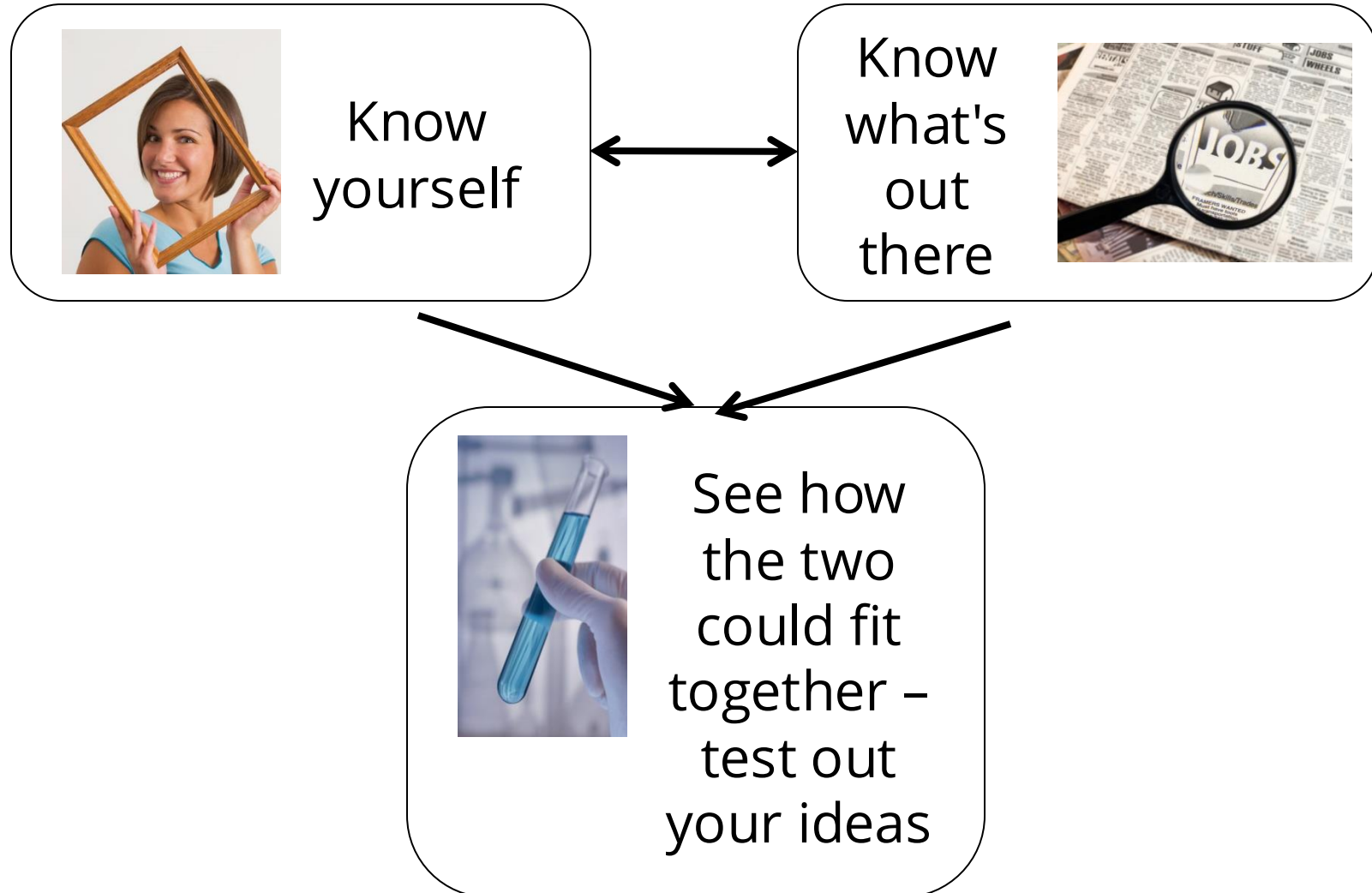


Purpose Venn Diagram

<http://www.humanbusiness.eu/purpose-venn-diagram/>



Making careers decisions



What drives your career choices?

Development
Impact
Research
Location
Hands-on
Flexibility
Autonomy
Work-life balance
Learning
Money
Problem solving
Risks
Options
Skills
Success rate
Challenge
Prestige
Creativity
Collaboration
Security
Stress
Knowledge
Fun
Competition
Variety
Resources
Expertise
Predictability
Breadth
Colleagues
Particular topic
Particular region

Your Values

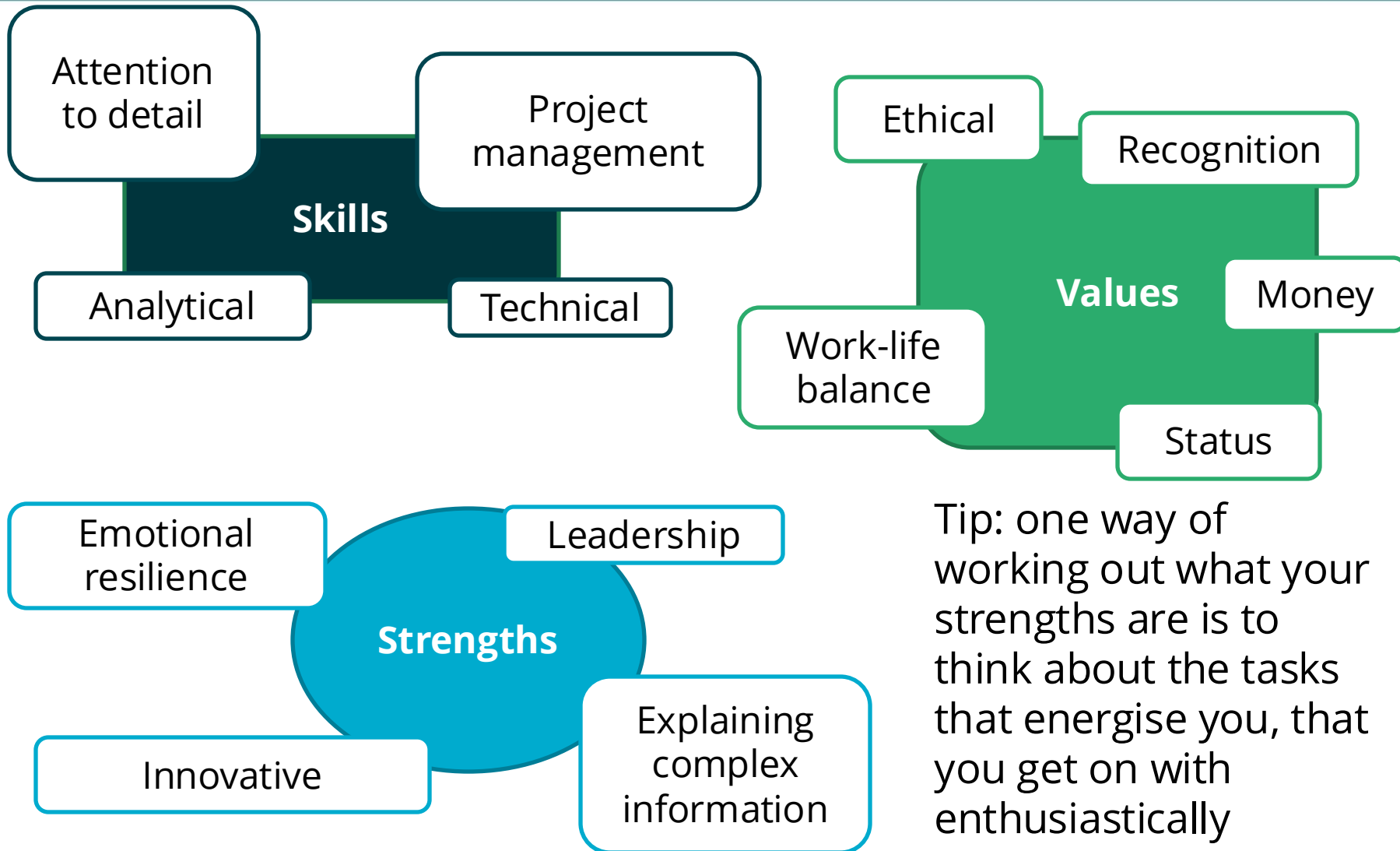
Values and drivers handout

Look at the following factors and decide how important they are to you.

- In the **Free choice** column select all the values that are important or desirable to you.
- In the **Half** column cut the number of values you have chosen by half discarding those of lesser importance.
- For the final column choose only your **Top three** essential values.

	Free choice	Half	Top three
Organisation — Working in a well-known Organisation			
Community — Working in a place where you can get involved in the local community			
Physical challenge — Work that is physically demanding			
Flexible working — A role in which there is the possibility of working part-time			
Job security — Knowing that your work will always be there for you			
Being expert — Being known as someone with special knowledge or skills			
Research — Having the opportunity to carry out research			
Supervision — Having responsibility for supervising others			
Learning — A rapidly changing role in which you will continually be learning new things			
Types of patients/clients — Helping a particular patient or client group			
Helping people — A role in which you help individuals, groups or society in some way			
Predictability — Having a routine which is fairly predictable			

Know yourself



Understand the sector

If you had to split Public Health into a few main headings, what would they be?

Health Improvement – This mainly involves the impact on people's lifestyles, such as smoking reduction, engaging in safer sexual behaviour or healthy eating and exercise.

Health Protection – This involves areas such as control of infectious diseases, vaccination programmes, food safety and protecting against various environmental hazards.

Academic Public Health – Conducting research into various areas of public health and/or teaching about public health.

Health and Social Care Quality – Investigating and improving the quality and standards of services which impact health.

Strategy and Policy – Creating policies, implementing them and measuring their impact.

Public Health Intelligence – The collection and analysis of data to impact the health of particular groups or the population as a whole.

Know what's out there

Epidemiology

Analysing data

Logistics and supply
chain management

Fundraising

Consultancy

Lobbying

Laboratory work

Running clinical trials

Researching new drugs

Making Policy

Health economics

Running local projects

Running national and
international projects

Monitoring and
evaluating projects

And Lots More!

Selected Moodle resources

[Recordings](#): go to Career insights from alumni, employers and students - great for exploring ideas.

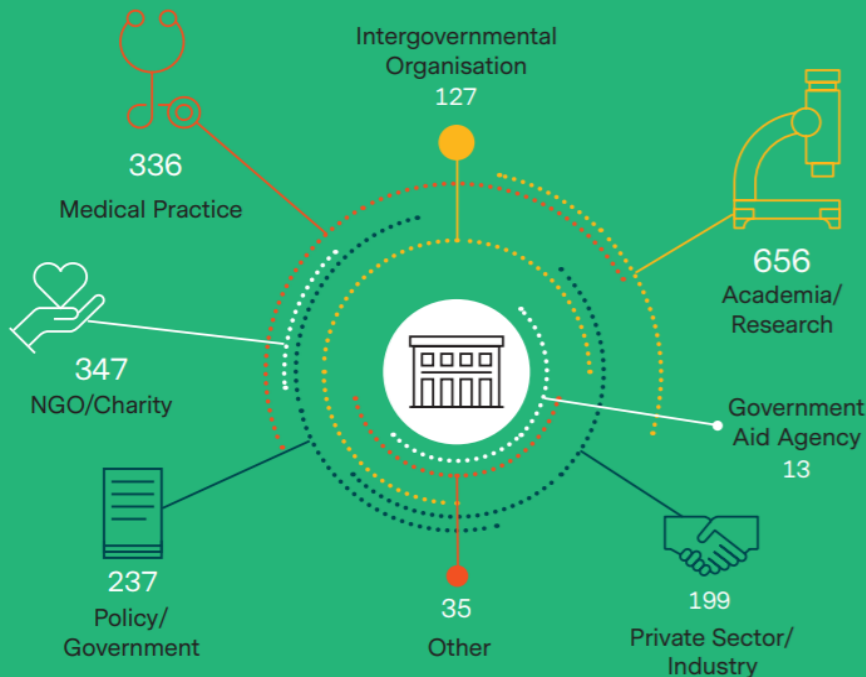
[Careers in public health](#) – insight into the sector.

[Spotlight on employers](#) - 'informational interviews' with a variety of employers.

What do LSHTM graduates do?

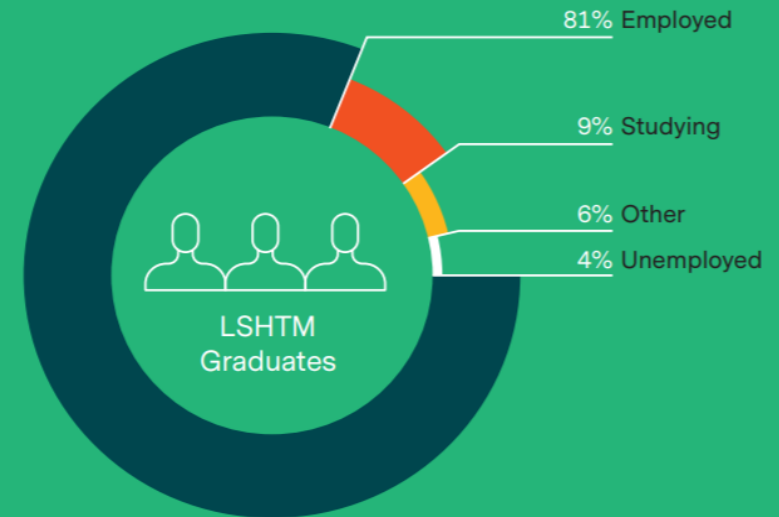
Graduate Careers & Destinations

Employment Sector



Source: LSHTM Alumni database 2011/12 - 2016/17, 1950 total respondents.

Employability



Source: LSHTM DLHE survey data 2011/12 - 2015/16, 2380 total respondents.

What companies do they work for?

University?

United Nations

Pharma?

NICE

Consultancy?

Local Authority Public Health Department

Government

Universities (in UK and elsewhere in the world)

(Local/National)?

WHO

Think Tank?

CHAI

International NGO?

GSK

Local NGO?

Civil Service

Supranational

The Health Policy Partnership

Organisation?

Novartis

Public Health England

Hospitals (in UK and elsewhere in the world)

Action against Hunger

Tearfund

The Felix Project

What jobs do they do?

Moodle – Career and study options, [alumni destinations](#)

Some example job titles

Academic Researcher
Accounts Payable Co-Ordinator
Africa Regional Programme Analyst
Analyst
BSc Global Health and Social Medicine
Charity Volunteer
Chlamydia Screening Officer
Clinical Research Project Assistant
Clinical Researcher
Communications Professional
Contract researcher
Data Analyst
Deputy Clinical Operations Manager
Diabetes Quality Improvement Co-Ordinator
Editorial Assistant
Epidemiologist
Epidemiologist and Surveillance Scientist
Field Operative
Freelance Researcher
General Practitioner
Health Care Consultant
Health Officer
HIV SPI Prevention Scientist

Some example organisations

Apotex
Basel University Hospital
Bernhard Nocht Institute for Tropical Medicine
Brooks
Cancer Research UK
Center for Disease Dynamics, Economics & Policy (CDDEP)
Centre de Recerca en Salut Internacional de Barcelona (CRESI)
Charite Universitätsmedizin Berlin
Chesterfield Royal Hospital (NHS)
City and Islington College
CREMA
DeltaQuest Foundation
Doctors Without Borders
Doula General Hospital
eHealth Africa
Gavi, the Vaccine Alliance
GOAL
Health Poverty Action
Health Protection Agency
HealthMap, Children's Hospital
Hôtel-Dieu de Québec
Imperial College London
International Action
International Federation of Red Cross and Red Crescent Society
International Organisation for Migration
Jewish General Hospital
King's College London

Researching alumni on LinkedIn



Find alumni and check what they did before.

Is their situation similar to yours?

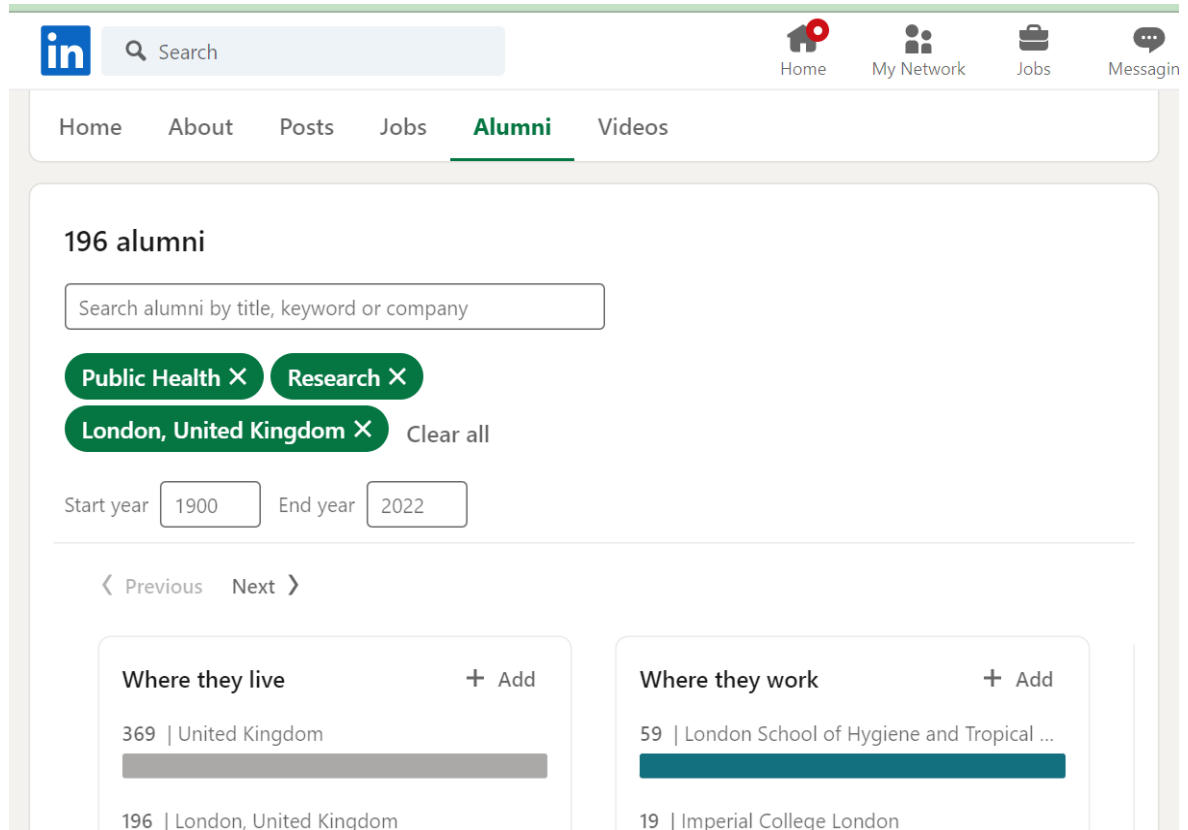
Are they doing work that interests you?

A screenshot of the LinkedIn page for the London School of Hygiene and Tropical Medicine, U. of London. The page shows the school's profile, including its name, tagline 'Improving health worldwide', and location 'London'. It also displays the number of followers (80,397) and employees (2,153). The 'Alumni' tab is selected, showing 23,607 alumni. A search bar is provided to filter alumni by title, keyword, or company, and there are dropdown menus for 'Start year' (1900) and 'End year' (2022). The page also features navigation icons for Home, My Network, Jobs, and Messages, and a search bar at the top.

Researching alumni on LinkedIn

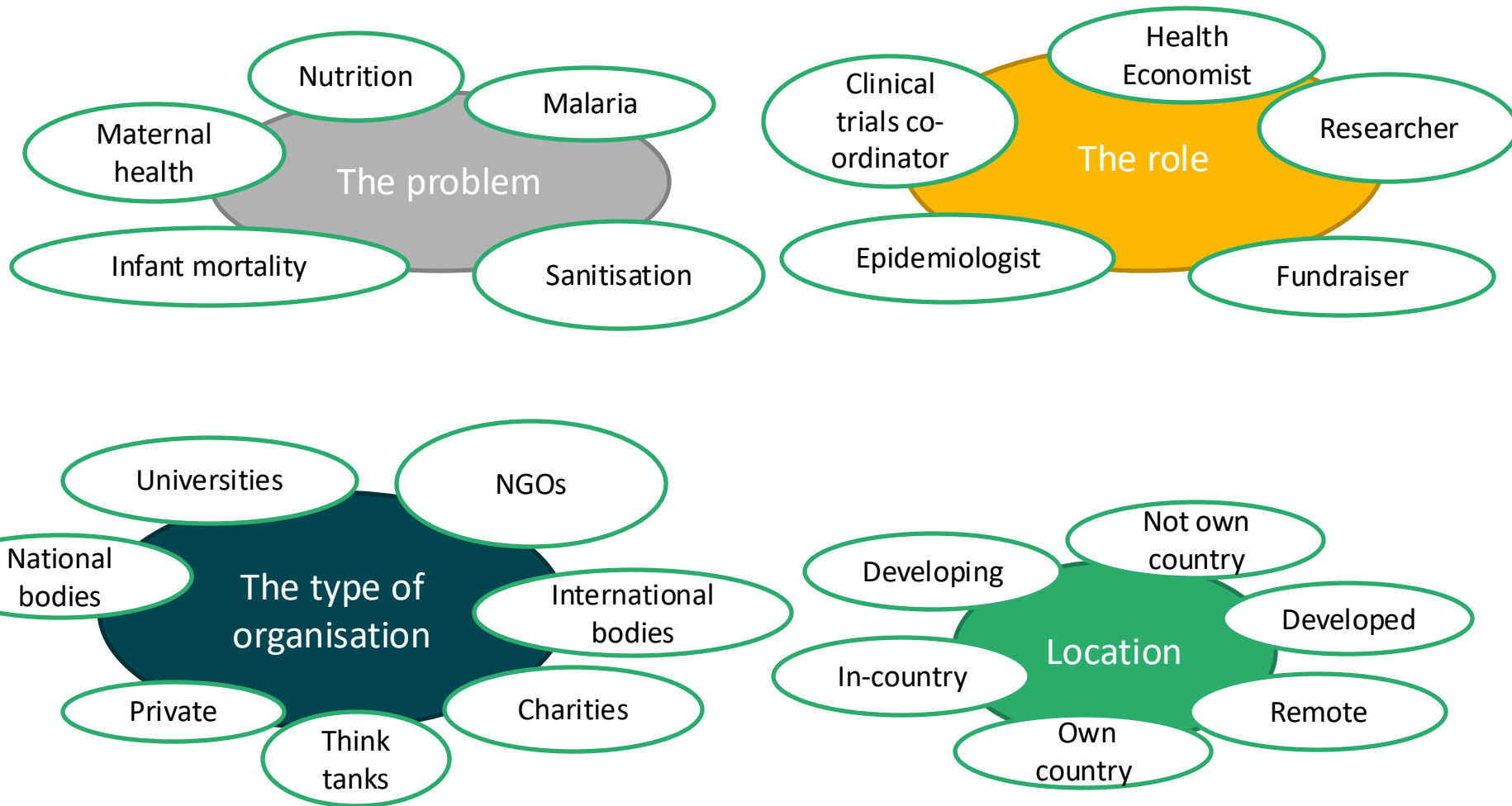
Here I've selected
from

- what they studied
- what they do
- where they live



The screenshot shows the LinkedIn Alumni search interface. At the top, there is a search bar with the LinkedIn logo and a search icon. To the right are navigation icons for Home, My Network, Jobs, and Messages. Below the navigation is a menu with options: Home, About, Posts, Jobs, Alumni (highlighted), and Videos. The main content area displays "196 alumni" and a search input field with the placeholder text "Search alumni by title, keyword or company". Below the search field are three filter buttons: "Public Health X", "Research X", and "London, United Kingdom X". To the right of the last filter is a "Clear all" link. Below the filters are two input fields for "Start year" (set to 1900) and "End year" (set to 2022). A navigation bar with "Previous" and "Next" arrows is visible. At the bottom, there are two summary cards: "Where they live" with a "+ Add" button, showing a bar chart for "369 | United Kingdom" and "196 | London, United Kingdom"; and "Where they work" with a "+ Add" button, showing a bar chart for "59 | London School of Hygiene and Tropical ..." and "19 | Imperial College London".

Think about your focus



Test out your ideas

- Conversations – alumni, academics, each other
– student-led seminars
- Internships (many unadvertised)
- Volunteering
- Summer Project
- Part-time Work
- Consulting

- Being flexible, not rigid
- Spotting opportunities
- Trying things out and seeing what happens
- Talking to people about your interests
- Finding out about others
- Finding solutions to problems
- Taking risks
- Reflecting and learning from experiences

- Abandon the idea that you have to 'get it right'
- Take your best guess and go for it
- Don't view it as failure or a disaster if you don't like it
- Learn from it and move on
- Consider...is it a useful next step?

Test out your ideas

Share current ideas about possible next steps in the chat box.

Could you offer each other suggestions for finding out more, to help test your ideas?



Did the session cover?

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How confident do you feel about taking the next step in your career?



We value your feedback

<https://forms.office.com/Pages/ResponsePage.aspx?id=oaKtcild7U6xIPh0V3cUnib6FT5JU2IKm1h1jmhk5TFUQ1NBQ1gyMkZNTedINjBKM0tjQjQ3MINTSy4u>

Please complete
the feedback
form – the link is
in the chat box!

And now let's
move to your
questions.....

