

Job hunting in a global pandemic how to keep going when the job hunt is tough

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LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Challenging Times?



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Be positive and persevere

Try to shift your mindset, and choose **hope** over fear.

Thinking **positively and openly** will help keep you focused on finding the **right** opportunities and channel your application energy there, rather than settling or not finding anything at all.

Many employers are still recruiting and you **WILL** find something.

Tempting to place your job search on hold - **DO** keep applying

Yes there has been a decline in recruitment due to the pandemic but the decrease in recruitment is less

- in large organisations.
- in London
- in Healthcare roles and sectors
- Where else? Public Health? Epidemiology? Research?

How long is the tunnel?



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Tough times can help us to develop the crucial **skill of resilience** that employers list as a key ‘employability skill’.

What is resilience? “the ability to adapt to change, even when the circumstances are discouraging or disruptive” (London 1997)

If you notice, it’s not about pushing through difficulties and ignoring your mental health. It’s about *adapting*, which **includes seeking assistance** when you need it.

- Resilience – an employability skill – now is a good time to practice it!
- Keep adapting and trying – you are not alone and you will get stronger every time.

Here are some ways to develop your resilience:

- Embrace failure. Learn from your mistakes and adapt your approach until successful. ([Les Brown: Getting unstuck ; Huffington post – How to bounce back from setbacks.](#))
- Develop a positive perspective. Challenge unhelpful thoughts and turn challenges into opportunities to grow.
- Aim for mastery by creating goals that will enhance your skills and performance: e.g. attending virtual or live networking event to improve your interpersonal skills or to build your network.
- Commit to self-management. Take responsibility for your own actions and do things to the best of your ability. [Build your Self management skills](#) by Youth Employment UK. [6 Tips on organising your day to build a routine](#)
- Support. Create/maintain a solid support network of family, friends and mentors.

Utilise coping strategies that fit you

- Having an image of your future self-motivates you. Some people create their own vision boards and look at it daily to keep them on track when things become challenging.

Take time to reflect – what direction should you take now?

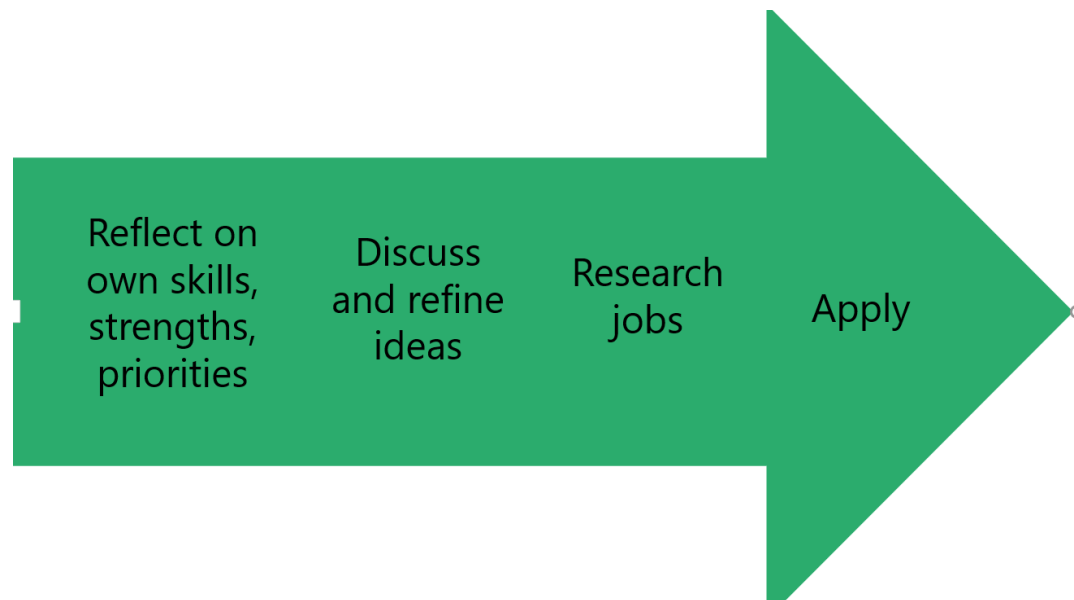
Research and reflect on what types of roles and careers you're interested in – if you're unsure about your career, use tools like the [Prospects Planner](#) or [jobmi](#) to identify your skills, interests, values, then get matched to job profiles to explore online.

Resources on Moodle – Choosing your Career (PP from presentation)

What impact?

Where?

Skills and Knowledge –
now and in future



Build momentum towards your ideal – be prepared to compromise on the way, eg

- Organisation you want, but not ideal job
- Ideal job but not ideal topic/issue
- Ideal job but not ideal organisation
- Ideal job but not ideal location
- Ideal location but not ideal job etc

Strategy to apply your interests

The diagram illustrates a strategic framework for HIV-related work, centered on three dimensions: **FUNCTION**, **TYPE**, and **LOCATION**. The central focus is **HIV**.

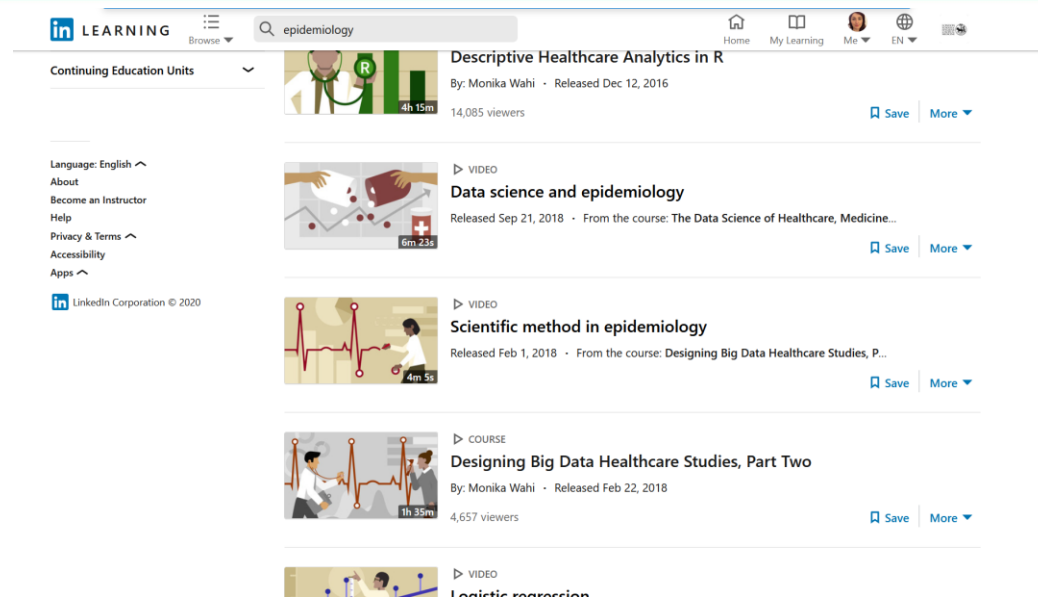
- FUNCTION:** Includes terms like FUNDING, RESEARCH, ADVOCACY, GOVERNANCE, and PRODUCT DEVELOPMENT. Associated organizations include LSHTM, GLOBAL FUND, UNITAID, WHO, AVAC, MSF, UNAIDS, PHARMA, WHO PRE QUAL, and CHAI.
- TYPE:** Includes terms like SUPRANATIONAL, NATIONAL, PRIVATE SECTOR, and PPPS. Associated organizations include WHO, WORLD BANK, UNICEF, UNIAIDS, DFID, EGPAF, M2M, CHAI, MSF, OXFAM, PHARMA, CONSULTING COMPANIES, and GAVI.
- LOCATION:** Includes terms like GLOBAL, NATIONAL, and LOCAL. Associated organizations include WHO, CDC, EGPAF, and MSF.

The video player interface shows a progress bar at 6:56 / 11:42 and a 'Subscribe' button.

<https://www.youtube.com/watch?v=1eVyCh6xGRI>

Advance your Skills and experience – make good use of your time

Identifying skills gaps or interest areas



The screenshot shows the LinkedIn Learning interface with a search for 'epidemiology'. The results list several educational units:

- Descriptive Healthcare Analytics in R**
By: Monika Wahli · Released Dec 12, 2016
14,085 viewers
- Data science and epidemiology**
Released Sep 21, 2018 · From the course: The Data Science of Healthcare, Medicine...
6m 23s
- Scientific method in epidemiology**
Released Feb 1, 2018 · From the course: Designing Big Data Healthcare Studies, P...
4m 5s
- Designing Big Data Healthcare Studies, Part Two**
By: Monika Wahli · Released Feb 22, 2018
4,657 viewers
- Logistic regression**

[Futurelearn](#) can help you top up your skills to add to your CV from Management to Health and Medicine showing employers that you have made good use of your time in lockdown. ‘How did you spend your time in the lockdown?’ could be the new popular interview question.


To search the range across different providers also try [my-mooc](#)

Identifying skills gaps – eg languages, project management


Plugging gaps, skills development

Courses 6 COURSES


Learn new skills, pursue your interests or advance your career with our short online courses.




Darden School of Business, University of Virginia
Getting Started with Agile and Design Thinking
Get an introduction to agile product development and design thinking so you can build better digital products.
4 weeks 4 hrs per week
Included in Unlimited
[Find out more](#)




The Open University
Project Management: Beyond the Basics
Build your existing project management knowledge and develop the skills to manage teams and deliver effective projects.
4 weeks 3 hrs per week
Included in Unlimited
[Find out more](#)




Darden School of Business, University of Virginia
Fundamentals of Project Planning and Management
Learn the basics of project planning and management so you can run effective projects at work or in daily life.
4 weeks 2 hrs per week
Included in Unlimited
[Find out more](#)



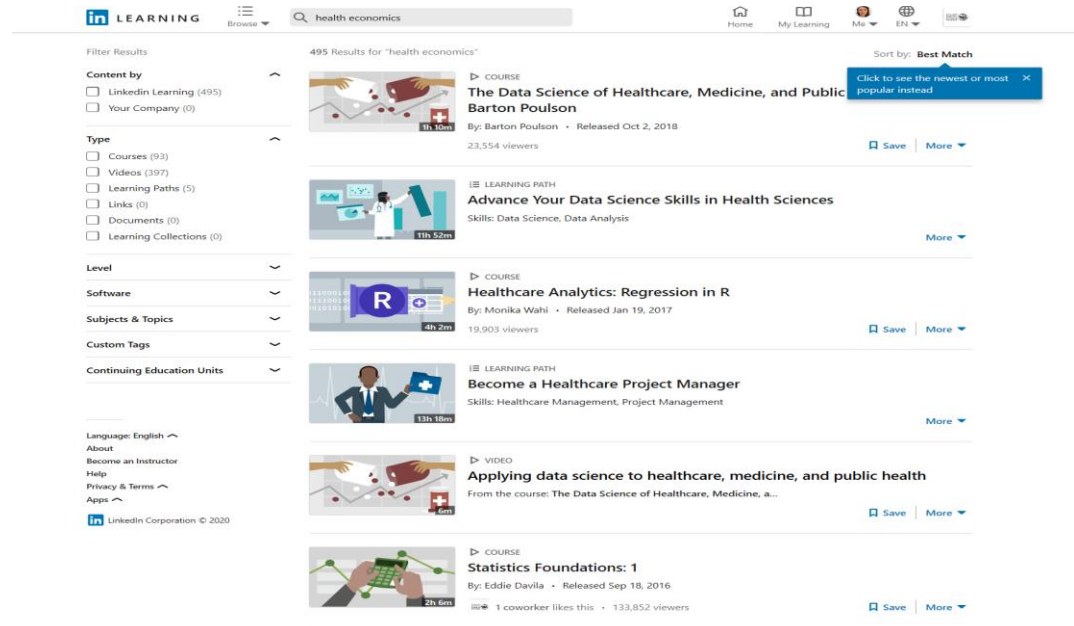
The Open University & The Open University Business
Foundations of Project



Coventry University
The Importance of



Coventry University
The Importance of



LinkedIn Learning search results for "health economics". The page shows 495 results. The top result is "The Data Science of Healthcare, Medicine, and Public Health" by Barton Poulson, released Oct 2, 2018, with 23,554 viewers. Other results include "Advance Your Data Science Skills in Health Sciences", "Healthcare Analytics: Regression in R", "Become a Healthcare Project Manager", and "Applying data science to healthcare, medicine, and public health".



Subjects ▾ Courses ▾ Using FutureLearn ▾

Courses / Business & Management

People Management Skills

Learn about the key methods, strategies and principles of people management and develop your own management style.

- Raise your profile
- Connect with like-minded people with similar career interests
- Find out about people and career journeys
- Check what skills others have who work in the roles you would like
- Follow key organisations that interest you
- Find and join professional groups to stay up to date with developments in the sector and join in conversations
- Post articles, examples of your work or other useful info – or comment on other peoples' posts to show your interest.
- Register with the Job Search and receive notifications. Subscribe to the LinkedIn '[Get Hired](#)' weekly newsletter for tips, advice and updates.
- Grow a professional network through others that you can nurture for live

Work actively on your job search – not all jobs are advertised!

Research roles and companies – (Job sites on [Moodle](#)).

Intelligence gathering – roles and skills, funding ‘follow the money’

Speculative applications – unadvertised jobs

Do your research about them beforehand, so you can be clear about **why** you want to work for **that particular organisation**

Show you understand what they do and therefore what you can offer (i.e. evidence of your relevant skills and experience) and what type of work you’d be interested in.

Tailored approaches are more important than ever in the current climate.

Work on your CV quality (and covering letters!)

- With the number of live vacancies falling during this time, competition for roles may be a little higher. Use this to your advantage!
- Rather than sending your CV to every role you see (as others might), be selective and take the time to write a strong and tailored CV or application for each job you apply to;

Best examples

Get it reviewed

Edit to key themes you wish to highlight and that are relevant

Reflect on your story so far – motivations, reasons for study, direction in future

- Employers will notice if you have taken the time to do this or not.
- Prioritise quality over quantity to stand out from other applicants and help you secure the right jobs you really do want.

Do virtual work experience or volunteering to boost your CV and keep motivated.

- **Virtual work experience** programme - eg [InsideSherpa](#) to help you develop skills, get an insight into what it's like to work in your chosen sector, and prepare generally yourself for the world of professional work. Bright Network.
- **Volunteering** - [Do-It](#) and websites like [Idealist](#) are good starting points
- [HireAcademics.com](#) offers virtual opportunities for those considered 'experts' in an academic field or who may have completed postgraduate qualifications.

Learn how to perform in remote interviews and online recruitment – practise makes perfect

<https://targetjobs.co.uk/careers-advice/interview-types/323749-expert-performance-tips-for-skype-and-video-interviews>

Since social distancing most employers have responded rapidly by shifting much of their recruitment and selection processes online.

These include the use of [video interviews](#), and/or remote interviews via phone or video conferencing software, such as Skype or Zoom.

- Video yourself answering interview questions
- Book a mock interview with a Careers Consultant by emailing careers@lshtm.ac.uk to practice over the phone or via video link.
- Think about how to sell yourself – create a list of potential interview questions (or view some online and type up some bulleted answers to use as main speaking points).

Patience more important than ever!

Hiring processes may take a little longer than usual

Be patient and don't panic if employers take longer than usual to respond.

Don't be afraid to follow-up to show you're serious about the opportunity (but don't chase)

For more advice, LinkedIn have a useful article on ['What recruiters want you to know about job searching during the pandemic'](#).

- These times are unsettling and understandably stressful.
- So **be kind to yourself**, and allow yourself to feel frustrated as THIS IS NORMAL!
- Try stepping away for a few minutes to exercise, meditate, call a friend, or whatever else helps to calm you down.
- Then get back to it when you feel ready.

Looking after your mental wellbeing during the Coronavirus pandemic

Leaflet on Moodle

COVID-19: Guidance for the public on mental health and wellbeing -

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>



BeingWell



Mental Health
Foundation

Good mental health for all

Where to find resources on Moodle:

Library Webpages

Library Discover

Careers Service

Careers

[Home](#) / [My courses](#) / [LSHTM Communities](#) / [Careers](#) / [Finding and applying for jobs/ study](#)

[About the careers service](#)

[Distance learners](#)

[Book an appointment](#)

[Events and resources from previous events](#)

[Career and study options](#)

[Finding and applying for jobs/ study](#)

[Jobs](#)

Finding and applying for jobs or study

Don't forget that if you'd like to speak to a careers consultant about any of the aspects of job hunting, applications, and interviews you can [book an appointment](#).

Where to find public health jobs

A list of vacancy websites for public health, global health, pharmaceutical, global health and related sectors. This list is not exhaustive so make sure you search beyond it when searching for jobs. People usually have more success if they speak to other professionals in their sector, network using LinkedIn, and are proactive.

Job hunting

Advice on effective job hunting, finding work experience, and networking with employers online and offline.

LinkedIn is an extremely useful tool for researching possible roles and organisations and making contact with people in them and we have [screen cast recordings giving guidance on using LinkedIn](#).

GoInGlobal

This website has information and country profiles on working in many parts of the world and as a current student you can access the subscription version using this link. If you are not a current student please continue to the main GoInGlobal website.

CVs and applications

Helpsheets and articles on CVs, personal statements, application forms, and how to demonstrate your skills in them effectively. Written by specialists from The Careers Group, University of London.

Example CVs for public health and for PhD applications. [Example one page CV](#).

Medical CVs and portfolios

Resources providing insight into best practice for medical graduates writing CVs and/or developing portfolios, selected by specialist careers staff from various institutions in the UK. Produced in 2015 but still relevant.

Interviews

Included in the folder are helpsheets and articles with guidance on how to prepare for and impress at interview as well as some questions you might face.

We also now have some video interview preparation software. Go to [Interview Stream](#) and click on the 'sign up' button to create an account. You can practice video interviews created by careers staff in "Created for me" or create your own practice interview by selecting questions from a question bank in "Custom interview".

For management consultancy case study interviews we recommend [CaseInterview.com](#). If you're committed to some extra preparation, we recommend the book [Case in Point 9: Complete Case Interview Preparation](#), by Marc P Cosentino.

You will come out of the tunnel!



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