

Who are your role models?

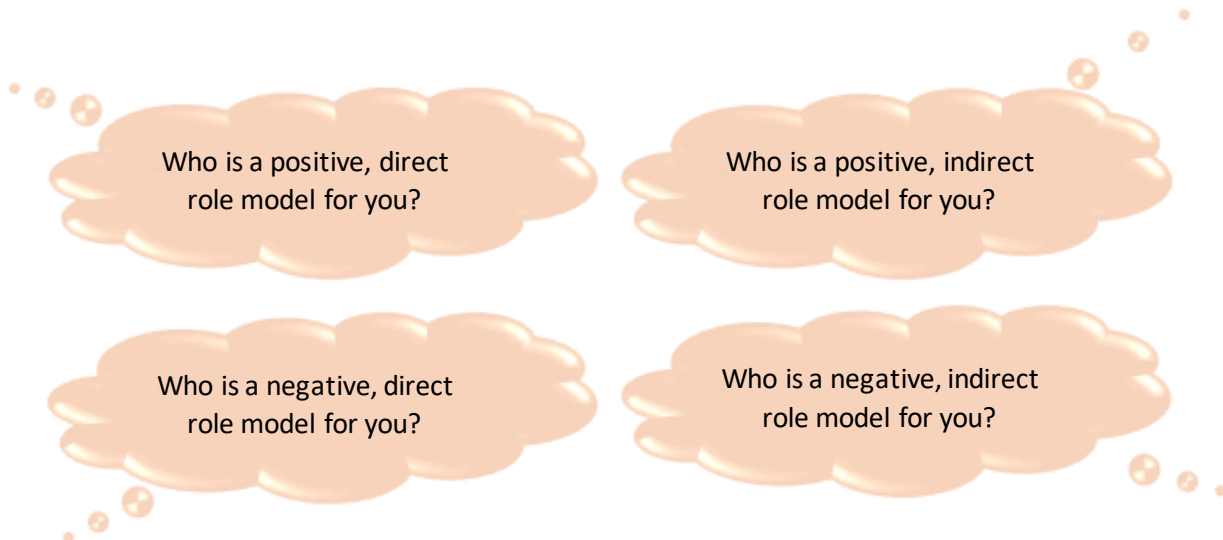
For some people a role model is what inspired them into medicine in the first place or perhaps you have role models from university or from your training so far. These key inspirational people will impact upon your decision-making process so it is worth thinking about how and why they are an influence on you.

Role models can be considered to fall into two different categories:

- **Direct role models**
People who you admire because they are working in the same way, in the specialty that you are aiming for. There will be something about how they embrace their chosen specialty that could not be replicated in another specialty.
- **Indirect role models**
People who exhibit values and ways of working that you would like to emulate but that are transferable to different specialties. It is important to recognise an indirect role model because they are not specialty-specific but could influence you towards a career decision.

Role models can be positive or negative as well as direct or indirect. Both can be informative when seeking information to support a decision.

As a thinking exercise consider who your role models are:



*Who is influencing your specialty decision?
Is this influence towards a particular specialty or
is it the type of doctors you would like to be
regardless of specialty?*