

Personal Learning Plan Checklist For International Medical Graduates

Suggestions for the first few weeks of training

1. Contact our dedicated social prescriber if you have unmet needs which could include issues with housing, childcare, school placements, transport, finance, or any other worries you or your family may have at the start or during your training.
 - [Social Prescribing](#)
2. Complete the online questionnaire, 'Hello my story is...,' and share this with your Clinical supervisor and/or educational supervisor.
 - [Hello My Story Is...](#)
3. Undertake a two-week shadowing programme including a practical skills simulation course if you are new to the NHS (by invitation only).
4. Take part in 'Near Peer' linguistics mentoring if you are new to the NHS (by invitation only).
5. Attend your local Scheme and/or Trust induction.
6. Arrange to meet up with your Educational Supervisor (ES).

Within the first month of training

1. Attend the mandatory GP School two-day enhanced induction course.
2. Consider early free neurodiversity screening through Genius Within.
 - [Genius Within](#)
3. Ask your Scheme TPDs about Peer mentoring or buddies and pair up with a mentor.
4. Read the online IMG handbook produced for trainees by trainees.
 - [IMG Handbook](#)
5. Register for access to the GP School post-graduate doctors in training (PGDiT) SharePoint site and familiarise yourself with the resources on there:
 - [PGDiT SharePoint](#)

Within the first 3 months of training

1. Access the Self-Directed Learning page on SharePoint, and look at the resources on there; including the video on 'Self-directed learning tips and strategies'
 - [Self-Directed Learning](#)
2. Watch the six short videos on Reflective Practice (approx. 3 mins long each) available on SharePoint.
 - [Reflection](#)
3. If you are starting in a GP placement watch the two voiced over PowerPoint presentations 'Tackling the first half and second half of the consultation' which are available on SharePoint, ideally with your CS during tutorial time.
 - [Consultation Skills](#)

Within the first 6 to 12 months of training

1. Attend British Culture and Language in GP Consultations courses.
2. Attend one of the two full day Red Whale study days online. The next dates will be on the GP school calendar on SharePoint.