

My Career Path: Surgeon

A personal SWOT analysis and career action plan

Student name: Shama Bibi
Student id: 2519612
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Lecturer: Besty Jose
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Why I want to become a surgeon

A demanding medical career focused on diagnosis, treatment and patient safety.

What does a surgeon do ?

Surgeons are doctors who carry out operations to treat injuries diseases and other medical conditions they work with other doctors and nurses to look after patients before during and after surgery they also explain treatment options to patients and make sure they understand the risks and benefits.

Why this career interests me

- I want to help people in a direct way and make a real difference to their health
- I find the human body and how it works really interesting
- I like the idea of a job where you keep learning new skills and improving over time

CAREER PATHWAY (UK)

School / college

work hard in science subjects and get the grades I need for university

Medical school

complete a medical degree to train as a doctor

Foundation training

work in hospitals under supervision to gain practical experience

Surgical training

specialize in surgery and complete the training needed to become a qualified surgeon

Career information: National Careers Service • NHS Health Careers

How SWOT helps me plan my career

SWOT analysis is a simple way to look at where I am right now and what I need to do next it looks at 4 areas my strengths weaknesses opportunities and any challenges I might face.

Strengths

These are the good qualities I already have that will help me

- I am caring patient and a good listener. I am determined and don't give up easily. I am reliable and take my responsibilities seriously. I am curious and eager to learn new fees

Weaknesses

Limited healthcare experience sometimes lack confidence still building my science knowledge.

Opportunities

My current course builds my knowledge volunteering helps me gain experience tutors and training are there to support me.

Threats

Medical school is competitive.

Training takes many years.

Balancing study and life can be challenging.

SWOT separates internal factors (strengths and weaknesses) from external factors (opportunities and threats). It is most useful when I turn each point into an action.

My SWOT analysis

These are possible points to personalise keep only what honestly describes you.

STRENGTHS | Internal

- I possess a strong drive to support others and take full responsibility for my actions.
- I am deeply interested in understanding human health and medical science.
- I am committed to continuous improvement value constructive feedback and collaborate effectively within a team.

WEAKNESSES | Internal

- my direct experience in healthcare environments is still developing.
- I am actively building my scientific knowledge and consistent study routines.
- I aim to strengthen my confidence when communicating under pressure.

OPPORTUNITIES | External

- Academic courses and tutor guidance are available to support my learning journey.
- Volunteering will provide valuable practical exposure within the sector.
- Open days career events and teacher advice offer further direction and insight.

THREATS | External

- Admission to medical school is highly competitive.
- The training pathway is lengthy and requires sustained dedication.
- The role demands emotional resilience irregular hours and significant commitment over time.

How I can use my strengths to address weaknesses and threats

I will take realistic steps, seek support and review my progress.

Challenge: science gaps

Strength to use: curiosity and commitment

Action: I will establish A consistent study routine seek constructive feedback from my tutors and actively ask questions to clarify areas I find challenging.

Challenge: limited experience

Strength to use: motivation and willingness to learn.

Action: I will attend relevant medical career events and actively pursue volunteering or work experience opportunities to build practical understanding

Challenge: pressure

Strength to use: responsibility and teamwork.

Action: I will develop effective organizational skills seek guidance when needed and maintain balanced routines to support my well-being during demanding periods.

HOW I WILL MEASURE PROGRESS

within two weeks; review course requirements and create a clear study timetable

within six weeks; attend a careers event and identify a suitable experience opportunity.

every month; review my progress reflect on my achievements and set clear next steps

My career development action plan

The next steps depend on my current education stage and entry requirements.

1 Research	Review the entry criteria for medical school and identify the specific subjects and grades I will need to achieve.	This week
2 Study	Develop a consistent weekly schedule for science study and revision setting aside dedicated time to practice and review key topics.	Within 2 weeks
3 Explore Attend	Attend a medical careers event or open day and seek guidance from a teacher or careers advisor about my options	Within 6 weeks
4 Gain insight	Apply for volunteering or work experience within a healthcare setting ensuring I understand and follow all relevant safeguarding procedures	This term
5 Review	Monitor my progress regularly reflect on my achievements and adjust my goals as needed.	Monthly

Long-term goal: Meet the entry requirements for medical school complete my medical training and pursue a career as a surgeon.

A clear goal needs a realistic plan.

Becoming a surgeon is a long and challenging journey but through honest self reflection careful research and consistent effort I can move forward with purpose.

Reflect

I now understand my strengths and the areas I need to develop knowing where I stand helps me focus my efforts more effectively.

Prepare

I will build strong study habits research my options and actively seek volunteering or work experience opportunities to learn more about the profession.

Review

I will regularly check my progress seek feedback and adjust my plans as I go this will keep me on track and help me stay committed to my goal

REFERENCES

National Careers Service (n.d.) 'Surgeon'. Available at: <https://nationalcareers.service.gov.uk/job-profiles/surgeon> (Accessed: 17 October 2026).
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Thank you for listening.