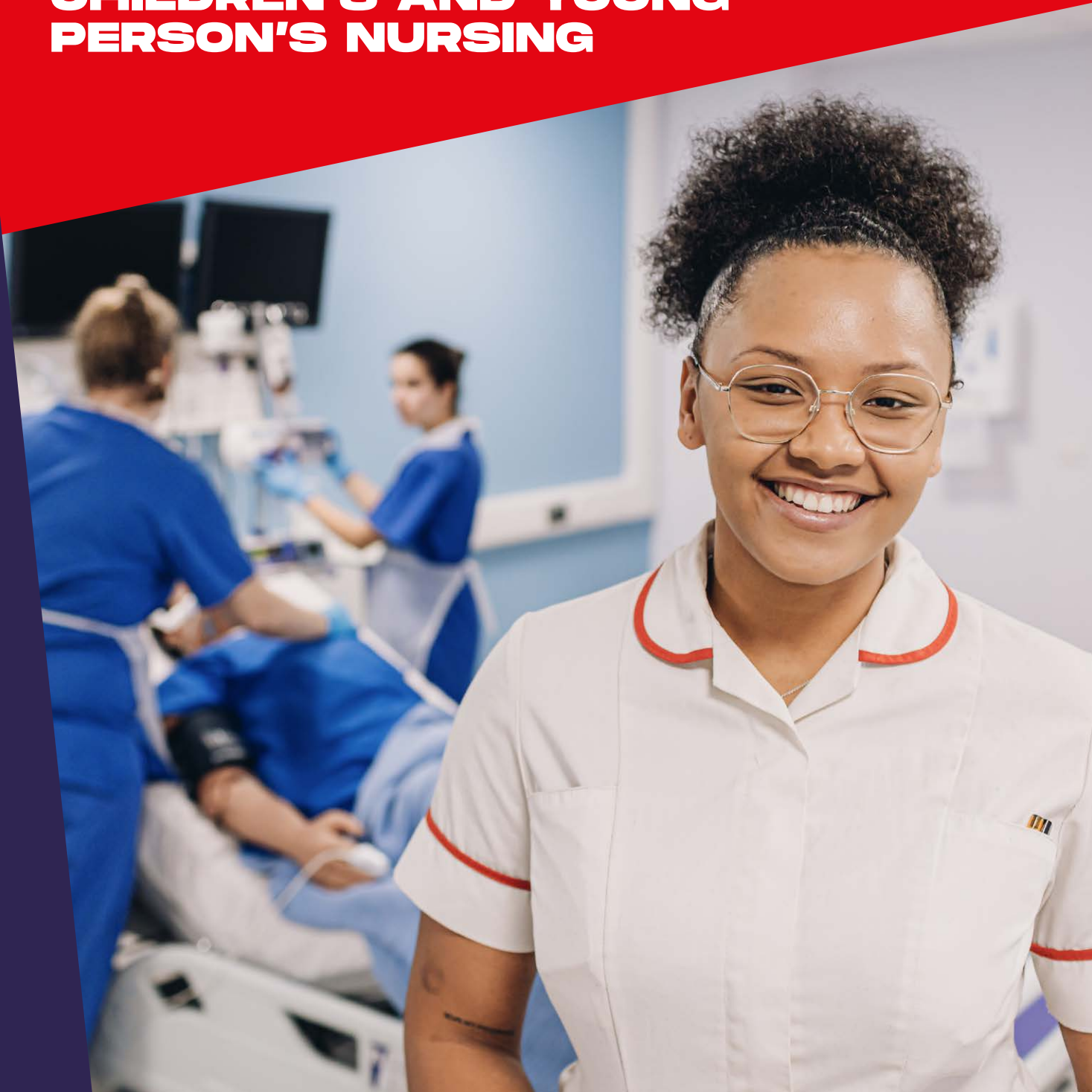




Middlesex
University
London

NURSING INTERVIEW GUIDE:

**ADULT, MENTAL HEALTH,
CHILDREN'S AND YOUNG
PERSON'S NURSING**





WELCOME

WE'RE LOOKING FORWARD TO MEETING YOU AT YOUR INTERVIEW SOON.

As a Nursing student candidate, you are required to **prepare your answers to three questions in advance** of your interview.

You'll find the three questions in this guide, as well as our **top tips, tools and resources** to help you prepare.

The guide also includes the **six topics you'll be expected to discuss** – use this guide to practice your answers.

WHAT WILL THE INTERVIEW BE LIKE?

The interview will be a **conversation between you and the panel**. There's no need to be nervous – our panellists will make it as relaxed a process as possible.

It's the perfect opportunity to discuss your prepared answers and **demonstrate how your skills and experience** make you a suitable candidate.

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DO YOU HAVE WHAT IT TAKES TO BE A NURSE? WATCH THIS SHORT VIDEO ABOUT LIFE AS A HEALTHCARE PROFESSIONAL:



It takes a village to heal a patient

THE SIX VALUES AND C'S OF THE NHS

In your interview, you'll be expected to talk about your personal experiences. But you will also need to show your understanding of the six values and the six C's of the NHS.

THE SIX VALUES

There are six values that all NHS staff are expected to demonstrate:

1. WORKING TOGETHER FOR PATIENTS

Patients come first in everything we do.

2. RESPECT AND DIGNITY

We value every person – whether patient, their families or carers, or staff – as an individual, respect their aspirations and commitments in life, and seek to understand their priorities, needs, abilities and limits.

3. COMMITMENT TO QUALITY OF CARE

We earn the trust placed in us by insisting on quality and striving to get the basics of quality of care – safety, effectiveness and patient experience right every time.

4. COMPASSION

We ensure that compassion is central to the care we provide and respond with humanity and kindness to each person's pain, distress, anxiety or need.

5. IMPROVING LIVES

We strive to improve health and wellbeing and people's experiences of the NHS.

6. EVERYONE COUNTS

We maximise our resources for the benefit of the whole community, and make sure nobody is excluded, discriminated against or left behind.

Find out more on the [NHS website](#).

TOP TIP

Make sure you incorporate the six values and C's of the NHS in your answers.



THE SIX C'S

There are six C's that all NHS staff are expected to demonstrate when creating a culture of compassionate care:

1. CARE

2. COMPASSION

3. COMPETENCE

4. COMMUNICATION

5. COURAGE

6. COMMITMENT



INTERVIEW QUESTIONS TO PREPARE FOR

IN YOUR INTERVIEW, YOU WILL BE ASKED A SERIES OF QUESTIONS, INCLUDING THREE KEY QUESTIONS WHICH YOU WILL NEED TO PREPARE YOUR ANSWERS TO.

Make sure you read them carefully and use the tips and resources provided to explore the topics in more depth.





QUESTION 1

WHAT DO YOU THINK ARE THE MOST IMPORTANT PERSONAL AND PROFESSIONAL QUALITIES OF A NURSE?

Top tips for your answer:

- ➔ think about the six C's and which ones are the most important to you
- ➔ talk about your experience with any of the C's in action
- ➔ share examples of how you have previously demonstrated some or all of the six NHS values.

REMEMBER:

Your answer should be detailed and relevant to your chosen field of Nursing.

Prepare your answers here

EXAMPLE

“

Whilst the six C's are an excellent summary of a nurse's qualities, for me personally, I believe compassion and commitment are the most important.

When I was a teenager, I helped my mother who was the sole carer for my grandfather. I learnt how important it was to be committed to the quality of his care every day – we worked as a team to ensure the last days of his life were of comfort and dignity. I'd like to bring that experience to my work as an Adult Nurse.”

— Adult Nursing student candidate



QUESTION 2

WHAT DO YOU THINK A REGISTERED NURSE DOES DURING A TYPICAL SHIFT? WHAT ARE THEIR ROLES AND RESPONSIBILITIES?

Top tips for your answer:

- ➔ discuss what you will be doing as a nurse, who you will be working with and what tasks are your responsibility
- ➔ show you fully understand the role of the nurse in your chosen field
- ➔ discuss how your chosen university programme will prepare you for this role
- ➔ share examples of how you have previously demonstrated some or all of the six NHS values and C's.

REMEMBER:

We are interested in your experience and insights – it doesn't matter if you haven't been involved in looking after or caring for people, or working in hospitals.

Prepare your answers here



EXAMPLE

“As a Children's Nurse, I understand my role will involve varied and challenging tasks each day. It might also be necessary to have difficult conversations about a child's health with parents and be faced with emotionally challenging situations.

When I volunteered on a children's ward in 2022, I discovered how important the NHS value of compassion is when dealing with patients – it's vital to treat them with humanity and kindness. I know studying at Middlesex will give me the skills and tools I need to manage these situations with a calm and compassionate manner.”

— Children's Nursing student candidate

RESEARCH TOOLS

-  Check out the NHS Nursing careers website, with guides, quizzes and more.
-  Watch *The Hospital*, a TV documentary filmed in the Royal Free, one of our partnership trusts.



QUESTION 3

WHAT DO YOU THINK ARE THE BENEFITS OF BEING PART OF A TEAM AND WHAT CAN BE SOME OF THE CHALLENGES?

Top tips for your answer:

- ➔ explain what you enjoy about being part of a team and how you contribute
- ➔ discuss if you've had challenges when working with others and how you resolved this
- ➔ give examples of team work, e.g. volunteering, experience or school or college projects
- ➔ share examples of how you have previously demonstrated some or all of the six NHS values and C's.

REMEMBER:

Your answer should be detailed and relevant to your chosen field of Nursing.

Prepare your answers here

RESEARCH TOOLS



Check out our YouTube channel for more info on our programmes, facilities and support.

EXAMPLE

“

I think the benefit of working within a team is the ability to draw on each other's unique experiences and perspectives to form a united care service. As a Mental Health nurse, it would be imperative to work with my colleagues to improve the lives of our patients, as is one of the NHS's values.

During my work as a student ambassador, we had to work with a diverse range of people on uni projects. Whilst it was challenging, we were able to overcome our differences by respecting each other's opinions and using them as strengths.”

—Mental Health Nursing student candidate



INTERVIEW TOPICS

IN YOUR INTERVIEW, YOU WILL BE ASKED TO DISCUSS A RANGE OF TOPICS.

These topics are:

- 1. Reasons for choosing this career**
- 2. Ability to prioritise workload**
- 3. Ability to communicate effectively**
- 4. Understanding of diversity**
- 5. Ability to reflect on life skills and experience**
- 6. Ability to cope effectively in an emotive situation**

It's important to think about your answers before you do and practice beforehand. Use this guide to help prepare.





TOPIC 1

REASONS FOR CHOOSING THIS CAREER

- ➔ Why do you want to become a nurse?
- ➔ What are your reasons for choosing this career?

Practice your answers here

EXAMPLE

“Both my mother and father are healthcare professionals in the NHS. Growing up in this environment has meant I have seen first-hand the challenges and rewards of working in healthcare, and I greatly admire my parent’s passion, dedication and commitment to their patients.

I would love to follow in their footsteps. I strive to make a positive difference in people’s lives, and believe I could do this as a nurse.”



TOPIC 2

ABILITY TO PRIORITISE OWN WORKLOAD

- ➔ What examples can you give that demonstrate your time management and organisational skills?
- ➔ Have you been involved in any projects at school/college or in your personal life where you managed yourself and others to achieve a goal?

Practice your answers here

EXAMPLE

“ I find the best way to manage my workload is through advanced planning and organising with attention to detail. I am currently studying full time and have a part time job to help fund my studies. By writing a comprehensive to do list, I can prioritise and balance my workload and ensure I remain focused and meet my deadlines.”



TOPIC 3

ABILITY TO COMMUNICATE EFFECTIVELY

- ➔ Why do you think having good communication skills is important for a nurse?
- ➔ What examples can you give that demonstrate you have these skills?

Practice your answers here

EXAMPLE

“ Having worked directly with patients during my work experience, I learned that addressing their concerns and making sure they felt genuinely listened to was just as important as receiving quality care. As a result, I helped to contribute towards the patient advocacy programme which is being designed to help teach other health professionals those same communication and listening skills.”



TOPIC 4

UNDERSTANDING OF DIVERSITY

- ➔ How do you think your understanding of diversity will help you in your approach as a nurse? Why is this important?
- ➔ Make sure that you understand and can explain the terms equality and diversity and how these ideas may need to be applied in the real world of professional practice.

Practice your answers here

EXAMPLE

“ Whilst currently studying, I have been working within my class as the student representative, where I have been involved with developing and contributing towards the equality and diversity policy that is being created. This has involved creating particular focus groups, collecting data and analysing feedback, and ensuring that all diversity and equality is being fully met throughout the process and ensuring that I am able to address any issues being raised.”



TOPIC 5

ABILITY TO REFLECT ON OWN LIFE SKILLS AND EXPERIENCE

- ➔ Have you done any work experience or school/college projects that have helped you develop relevant skills for the role?
- ➔ Are there events in your life that you feel have prepared you for the professional roles that you are aspiring to?

Practice your answers here

EXAMPLE

“Working with some patients can present unique challenges as you’re dealing with people who are used to being independent and who are now totally reliant on carers. When I was volunteering at a hospital, there was an elderly woman who was known amongst staff to be highly challenging and argumentative. However, I was determined to provide her the best healthcare possible, and ensured I gained her trust by involving her in all aspects of her care. Rather than treating her just as a patient, I did my best to connect with her as a individual. Despite the initial challenge, it was greatly rewarding and she eventually became one of my favourite patients.”



TOPIC 6

AN ABILITY TO COPE EFFECTIVELY IN AN EMOTIVE SITUATION

- ➔ Have you ever found yourself in a highly emotive or emotionally challenging situation?
- ➔ How did you manage these feelings in yourself? These situations could be ones where you encountered anger, aggression, grief in yourself or others.

Practice your answers here

EXAMPLE

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Last year, my uncle sadly passed away from a long-term illness. I was able to support my family by helping to care for him and keep him as comfortable as possible.

This was an incredibly sad and challenging time for my family, but I was able to keep level-headed and helped wherever I could after he passed with funeral arrangements and supporting my aunt and her children. I believe what happened has strengthened my resolve to help patients and to try and make a positive difference to the families involved.

ANY QUESTIONS?

FINALLY, IF YOU GET ASKED IF YOU HAVE ANY QUESTIONS IN THE INTERVIEW, THEN SAY YES!

Having a question can demonstrate your genuine interest in become a Nursing student. Have a think about those questions before your interview. Here are some ideas:

- Why should I choose to study at Middlesex?
- How can I ensure I am a successful student?
- What specific support is available to help me with my learning?
- How can I start to prepare for my programme?

FINAL TOP TIPS

- ➔ **PASSION:**
Demonstrate it! Why do you want to study the subject?
- ➔ **THE POLITICAL LANDSCAPE:**
Show off your knowledge of new policies which might affect changes to the NHS.
- ➔ **HOMEWORK:**
Make lists of everything each university is looking for in their students – this can help shape your interview answers.
- ➔ **RESEARCH:**
Make sure you attend open days, taster days, attend subject specific workshops – ask questions and take notes.
- ➔ **READ:**
Get to know the main nursing journals such as Nursing Times or British Journal.



➔ DON'T FORGET...

It doesn't matter if you don't have experience that exactly matches the role you'll be studying for.

These interviews are designed for you to showcase how your past experiences have given you the relevant skills to become a Nursing student. The panel is interested in your skills and potential, so make sure this comes across!



For further tips, support and advice, head to our website.

NOTES



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