DLD MEDICAL PREPARATION PROGRAMME

Medicine is one of the most competitive university application routes.

25,770
STUDENTS
applied for UK medicine places in the most recent cycle

~3
APPLICANTS
for every available place, nationally

2-3
CANDIDATES
Interviewed per place at most medical schools

Our two-year structured programme is designed to give DLD students the knowledge and skills to build a strong medical school application and the best chance to succeed in this competitive field.

Who is this programme for?

Year 12 students with ambitions to study Medicine, Dentistry, Veterinary Medicine or a similar degree at university. Students should be motivated and committed to the programme for the duration.

PROGRAMME STRUCTURE

AUTUMN

7 weeks

Foundations: NHS knowledge, research skills, medical ethics, and your first steps into the University Clinical Aptitude Test (UCAT).

SPRING

10 weeks

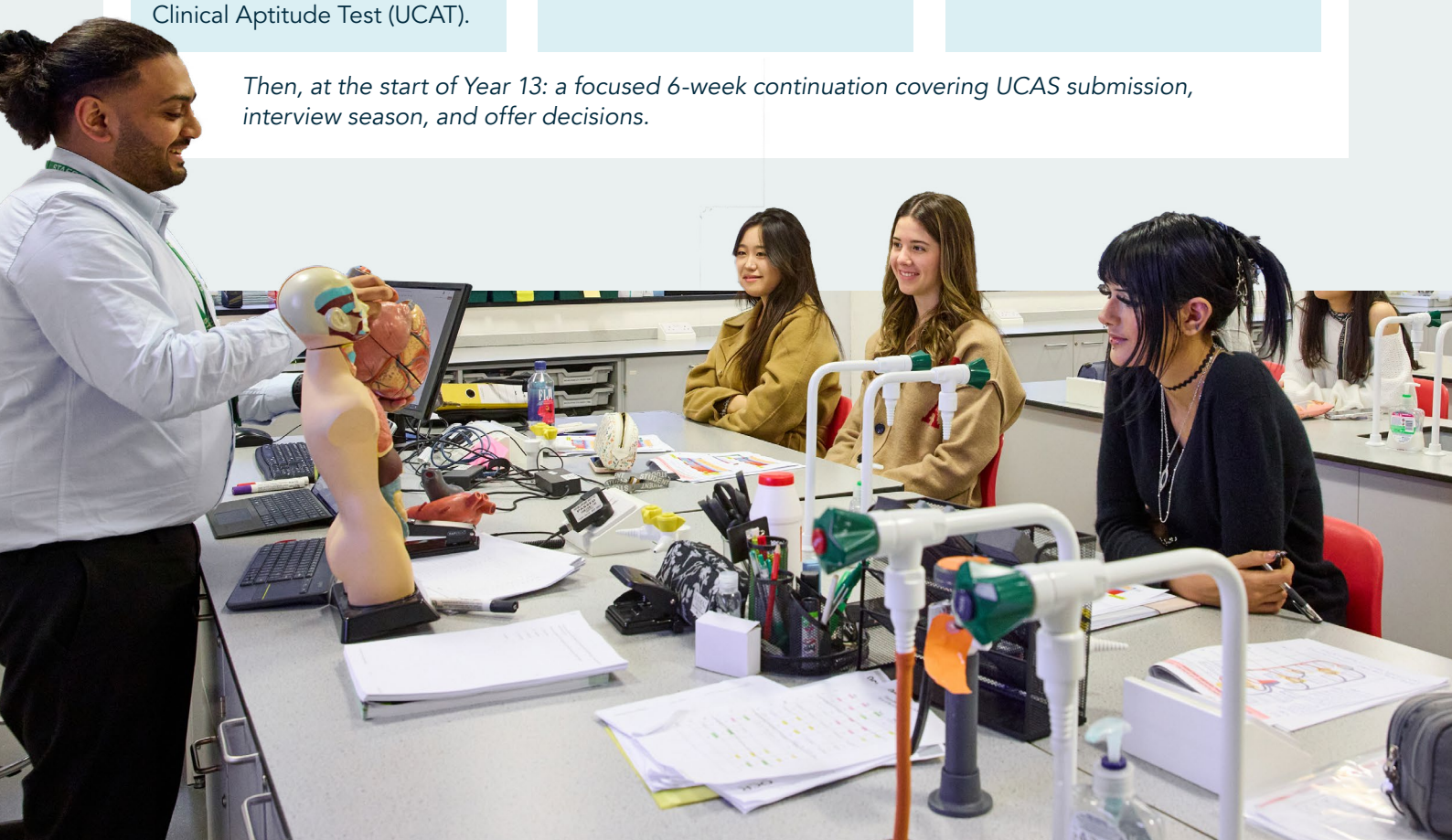
Building depth: UCAT practice intensifies, your personal statement takes shape, essay workshops begin.

SUMMER

11 weeks

Getting exam and interview ready: full UCAT mocks, interview practice, a mock MMI circuit, final preparation.

Then, at the start of Year 13: a focused 6-week continuation covering UCAS submission, interview season, and offer decisions.



PROGRAMME BREAKDOWN

1	*1 hour per week*	One focused session*, every week, for two academic years - Year 12 and the start of Year 13.
2	*28 structured weeks*	Autumn, Spring and Summer terms, each building deliberately on the last - nothing thrown together.
3	*Small group, real practice*	Mock interviews, timed UCAT practice, essay workshops, and constructive peer feedback - not just lectures.
4	*Everything in one place*	NHS knowledge, research skills, UCAT, personal statement, and interview prep - no need to piece it together yourself.

*INSIDE A TYPICAL 1-HOUR SESSION

5 mins **WELCOME & RECAP**

30 mins **CORE CONTENT**

15 mins **HANDS-ON ACTIVITY**

10 mins **PLENARY & HOMEWORK**

Practical Activities
- → Worksheet pack: 10 practical exercises
- → UCAT practice sets, all four subtests
- → Original situational judgement test (SJT) & ethics scenario cards
- → Full mock UCAT & mock Multiple Mini Interviews (MMI) circuits

Track Your Progress
- → 6 self-assessments across the year
- → 11 practical checklists
- → A running reflection journal
- → Personal statement peer-review rounds

Read and Discuss
- → A term-by-term reading schedule
- → 6 books, 2 per term, discussion-ready
- → NHS current-affairs briefings
- → Book club questions for every title

PROGRAMME OUTCOMES

- → A completed UCAT following months of targeted practice
- → Submitted personal statement developed following a full year of genuine reflection
- → You will have rehearsed panel and MMI interviews, ethical scenarios and NHS hot topic discussions
- → You will be able to confidently discuss current issues, NHS structures and medical ethics with evidence
- → You will have tracked your progress throughout the programme understanding key strengths and areas for focus

