

Take your next step to connect to us. Email us if you have an interesting story to share related to career.

facebook.com/
thedailystar.nextstep
Email: nextstep@thedailystar.net

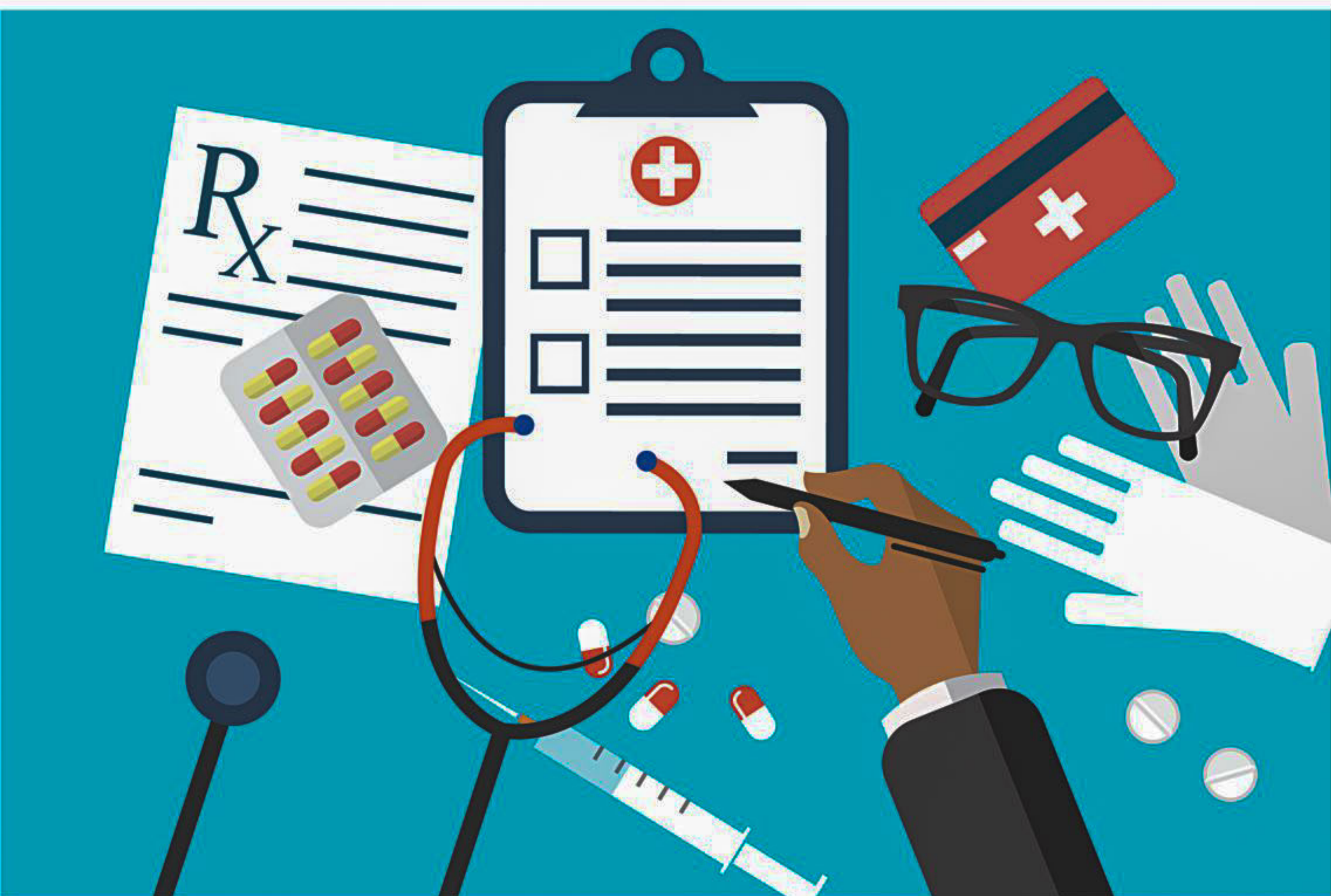
The Daily Star

DHAKA, FRIDAY, JULY 13, 2018

ASHAR 29, 1425 BS

e-mail: nextstep@thedailystar.net

NEXT STEP



SHOULD YOU PURSUE A CAREER IN MEDICINE?

Pros and cons of every Bangladeshi family's favourite profession

It is universally acknowledged that a career in medicine and the years of medical school prior to it is much more gruelling than most other careers Bangladeshi students opt for. Add to that the many unfortunate events that surround medical students, where every other year there's admission test question leakage, or some other mishaps in the administration, and you are left with a system that provides little to no opportunity for growth.

What does that say about the potential of pursuing this arduous profession in this third-world, overpopulated country of ours? Should you really choose to study and practice medicine instead of going for a more comfortable career with better monetary rewards? Hopefully, this article will help you answer these questions by weighing out the pros and cons of the degree and the profession.

Becoming a doctor takes five years (eight if it's an MD degree from the US) of undergrad schooling to get the MBBS certification. Then there's another year of internship, after you which you

"The medical field boasts of the most respected scientists and philanthropists in the

world, with doctors being chief among them. But as glorifying and satisfying as the career might sound, it is not for everyone," says Dr. Tandra Talukder, anaesthesiologist for over 30 years at the Azimpur Maternity Hospital. This job comes with long hours and a lot of stress, and usually medical schools do a good job of preparing you for the real world. But don't think that the profession isn't rewarding; it gives you a real chance to make a difference in people's lives.

Doctors begin their professional lives with the Hippocratic Oath, and just as the oath says, they must truly promise to do no harm. They should be mentally prepared to put their patients before everything else in their lives.

"If you're the type of person who genuinely enjoys helping others, this career path is chock full of opportunities to provide services to others. You can stay in touch with humanity throughout your life, you get to meet different people from diverse backgrounds, and actually make their lives better," opines Dr. Tasnia Hossain Lamia, Resident Medical Officer of Cardiology at Square Hospital Limited.

"For those who value constant mental stimulation, the medical field is a perfect career to apply your practical knowledge in. Doctors continuously learn on the job as medicine and technology constantly update and evolve. Not only that, it's rewarding to be a doctor because depending on the type of hospital you're employed in, you may get the opportunity of teaching students and sometimes even the patients about medicine. This way you get to serve the community easily and directly," says Dr. Sharraf Samin, presently practicing at BSSMU.

One of the biggest selling points of this profession is money. Doctors do get paid a fair amount for the highly specialised services that they offer, but it doesn't come easily. In order to get to the point where you will be earning a good salary, you will have to power through years of working for little to no money. But it does get better once you establish a name for yourself, and it's smooth sailing after that.

On the flip side, the sheer amount of pressure this job has might cost you your mental peace. There remains a considerable amount of hard-work involved even after you earn an

MBBS degree.

Dr. Prothila Chowdhury, currently completing her internship from City Hospital says, "The long hours of toil and study aren't behind you just because you've graduated or completed your internship. It'll remain an arduous process till your last breath. You'll have to be prepared to pull off many overnight and emergency shifts whenever you are called. So you must know what you are signing up for before you get your feet stuck in it."

A doctor who preferred to remain anonymous was of the opinion that he didn't get into the medical career of his own accord in the first place. "My family thought that this is a much celebrated way of life that will offer me a high quality designation. So now I am here." Does he regret it? "Well, when the long night-duties don't seem to end and I keep losing track of holidays or months passing by, it does get very tiring and miserable. But then I tell myself that I let this happen to me, and get over it."

This clearly shows how your profession can take a toll on your emotional well-being. That, paired with the long hours, difficult procedures, and overwhelming responsibility,

often cause anxiety and depression among doctors. You will sometimes feel that this is a thankless job. So don't give in to family pressure if you think you are not cut out for the job.

Dr. Rubab Sharmin, a practicing gynecologist for over 20 years at the Lubana General Hospital offered her two cents saying, "Decide on the area you want to specialise in, such as cardiology ophthalmology, surgery etc. There was a notion that if you're a girl, you better not go for surgery. But gone are those days of sexism." So if you want to pursue a certain specialty, don't let these irrelevant factors deter you.

Finally, research is a huge part of the medical profession. Unless you regularly stay updated with the innovative world of medicine, submit articles to journals, and attend conferences, you will fall behind your peers. You must constantly gain knowledge and apply it in your professional life.

ESHANEE SADHUKHAN

Eshanee is a junior at IBA, DU. Reach her at eshanee333@gmail.com

Am I compatible with this job?

THE MOTIVATION FACTOR

In an ideal world, people love their jobs and find fulfilment in their work. That doesn't always happen in this imperfect and very much real world. Sometimes, people work for money. Sometimes, it's a fancy brand name that matters.

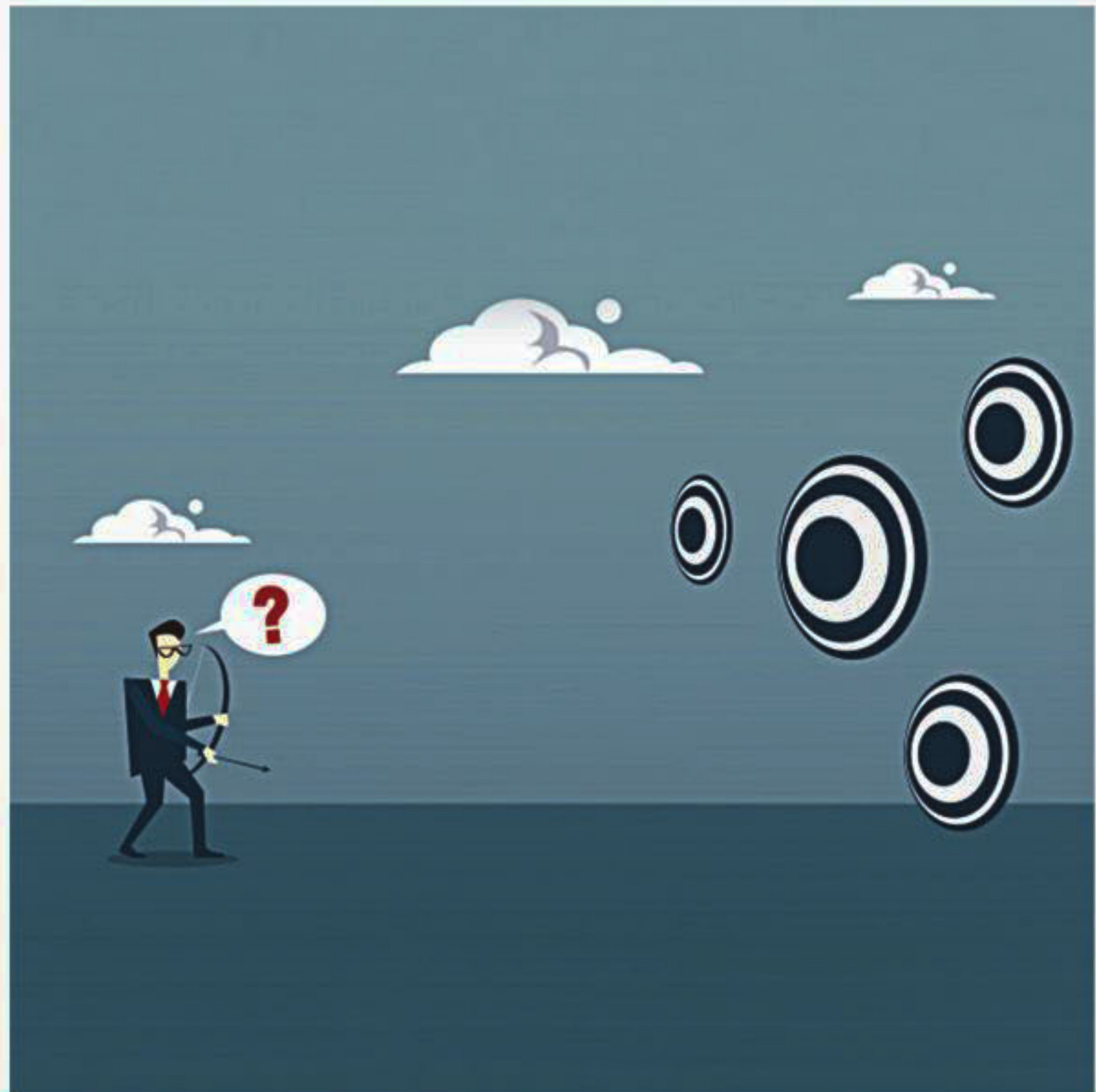
Be it anything, there should be at least one solid reason for you to want to get up from bed each morning and go to work. If you cannot find something that makes the job a little worthwhile, you're probably not the right fit.

THE LIFE OUTSIDE WORK

Even if you don't bring your assignments home, your work will still affect your life. For instance, long work hours usually mean more exhaustion and a limited social life. Remote work can mean the additional burden of maintaining your household alone. Will the job you're considering take up too much space and cram other priorities? If yes, how much can you compromise on those priorities? Thinking about such questions is helpful to form a better picture of how a prospective job fits into your life and affects it.

THE LINE MANAGER

It is well established by now that a staggering number of people leave their bosses rather than their jobs. A good boss can teach you things and make even a mundane role interesting, and a bad boss can make a great workplace feel terrible. So don't just judge the your prospective organisation, also take a look at the people you will be working for. Previous employees who have worked for the same boss can give you valuable insights. In addition, discussing your role with the



line manager directly can give you an idea of how well your dynamic will work.

THE ROLE CONSIDERATION

How equipped you are for a job is really a matter of whether your personality fits the role you're expected to play. If you like staying indoors, wildlife photography is not for you, but a cubicle office might be. If you cannot handle stress, you should probably not take on a role where risky decisions need to be made. Look within yourself, and fairly judge if your personality would match even a little bit with the post you have been offered.

As an adult, you have to take

decisions that will affect your life in a multitude of ways, for a long time to come. Choosing the right job is one of those decisions. A job you're incompatible with can feel a lot like a bad relationship: exhausting and pointless. That is why, it's all the more important to give yourself some time and ask the questions that will help you gauge how much compatibility you and your job have.

TASMIAH HAQUE

Tasmiah is studying Finance at IBA, DU. She likes food and makes stressful choices. Reach her at thaque440@gmail.com.

Making a DIFFERENCE

Bangladesh is rapidly moving towards middle income status by 2021. Our businesses definitely offer immense opportunities for the growing economy and this diversity needs a stage for the stories untold. See Bangladesh make its mark on the global map as Making a Difference brings you our proudest success stories from across the country.

5 e-mail mistakes you shouldn't be making

E-mails are the most common mode of business communication, and it's quite easy to get it wrong. Making any of the following mistakes when e-mailing a prospective employer, or your boss, or even a client might have major consequences, so you must always double check before you hit the send button.

1. FORGETTING THE SUBJECT LINE

It doesn't matter how important the message or the attachments inside your mail are, if you don't add a subject line, your e-mail might not even be read. Subject line is the first thing the receiver notices, and it makes it easier for both sender and receiver to search for the e-mail later on.

2. USING EMOJIS

E-mails are not a mode of instant messaging. Still, emojis are fine if you are the sort of person who uses e-mail for instant messaging, but do not use them in official e-mails.

3. NOT USING ATTACHMENTS

Some people just copy their doc files and put them in the body of the e-mail, they seem to forget that there is an option separately attach any format of files. Use that option and save your recipient some trouble.

4. NOT SIGNING OFF

Always write best regards and your name at the end of an official e-mail. Your recipient cannot magically know your full name and designation unless you tell them.

