What is Shadowing?

✓ It’s one of those “intangible” (official or unofficial) requirements to get into health profession school.

✓ It provides you with clinical exposure and stories to talk about in the admission interview, personal statement, etc.

✓ Helps you build relationships with individuals who may provide you with strong Letters of Rec.

✓ Shadowing allows you to see what medicine and a physician’s life are like every day.
How do I Get it (shadowing)?

First, DO YOUR RESEARCH. You must know what you are interested in before you begin searching for opportunities.

✓ Use your resources!
  ✓ Do you know currently visit one of these professionals? Have family members or friends you can ask?

✓ Student Organizations (i.e. Premed AMSA and others)

✓ Reach out and Read program (shadowing opportunities available after volunteering 4 times)

✓ Research & Call! Call hospitals, private practices, etc.
  ✓ Reference USA (i.e. white pages for doctors)

✓ Summer Programs
What is Health Care—Related Volunteering?

✓ Chance to see if you enjoy working in the health or medical field
✓ Opportunity to network with like-minded peers
✓ Provides opportunity to take on increased responsibility and leadership roles
How do I Get it (volunteering)?

First, DO YOUR RESEARCH. You must know what you are interested in before you begin searching for opportunities.

- Center for Leadership and Civic Engagement
- Student Organizations (both pre-health and service based)
- Reach out and Read program (volunteering program)
- Research Hospital Volunteer Programs
- Summer Programs (i.e. volunteer abroad)
How much Shadowing/Volunteering is needed?

✓ There is usually **NO specific required number of hours**.
  ✓ **Personal recommendation:** 5 *quality* experiences that are *varied* and *sustained*
  ✓ Ask yourself: what interactions did I have with physicians or patients today? Could I talk about it on an interview/in a personal statement?

✓ You do not need to volunteer/shadow at specific locations
  ✓ Although it is recommended that you shadow in areas of interest
Dress the part

✓ Check for a dress code and follow it (especially hospitals)
✓ Flat comfortable closed-toed walking shoes
✓ The following are not a good idea:
  ✓ blue jeans
  ✓ sandals or open-toed shoes
  ✓ strapless or spaghetti strap tops
  ✓ bare midriffs
  ✓ Shorts or capris
  ✓ exposed undergarments
  ✓ nose, eyebrow, tongue, lip and body jewelry
  ✓ body tattoos must be covered
During & After

✓ Be professional
✓ Keep a journal
  ✓ contact information
  ✓ dates and times of experiences
  ✓ reflect on your experience - record what you liked, disliked, etc.
✓ Know your limits
✓ Keep in touch (read: letter of recommendation)
✓ Thank them - recognize their time is valuable
Good Luck!

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