

- Shadowing entails following a physician and observing their day-to-day work.
- Steps to attaining shadowing experiences
 - Choose what specialty you want to shadow in
 - If you are a high school student and are in the process of applying to undergraduate institutions:
 - It is not necessary to determine a specific specialty yet but shadowing experiences can still be helpful!
 - If you are an undergraduate who will be or are currently applying to medical schools:
 - It is important to choose a specific specialty that you are interested in!
 - This is when you can begin to build up important sections of your resume!
 - Shikhar shadowed in the Emergency Department.
 - Showed him a lot of different conditions with varying specialties
 - Look for the opportunities
 - Teaching hospitals and clinics offer these on a regular basis
 - Network
 - Could consist of undergrad, family friends, your own friends, medical institutions
 - Physicians and health professionals are always willing to help you learn!
 - Obtain virtual experiences from The Premed Scene!
 - Contact the physician
 - Email before calling!
 - Always use formal language.
 - Avoid “Hi...” and other informal language
 - Develop a strong subject line
 - Ensure that it attracts the attention of the person you are sending the email to
 - Introduce yourself
 - Where you are studying (high school, undergraduate institution, etc.)
 - Mention ambitions
 - Why you are searching for this opportunity
 - Explain why you want to shadow
 - Attach your resume
 - Confirmation once physician gets back to you
 - Location

- Type of medical setting
 - Physician expectations
 - Any necessary paperwork
- Prepare for the experience
 - Always be punctual
 - Always be alert
 - Ask your questions later if the physician is too busy
 - You could also do your own research when you go home, and, then, come back and ask the physician!
 - Do your own research of what you've learned following the experience!
 - Stay longer at shadowing experiences if being provided the opportunity
 - Potentially ask the physician for a letter of recommendation
- Post-shadowing
 - Include entries in resume about your shadowing experiences
 - Make anecdotes about experiences in a journal
 - This can be helpful for developing a personal statement.
 - Send a thank you note to the physician!