

# UConn Pre-Health Shadowing Guide



## *WHAT IS SHADOWING?*

Medical shadowing is observing doctor-patient interactions first-hand. Shadowing a doctor is a great way to find out if a career in medicine might be right for you. It will give you a better understanding of what a doctor's typical day is like, and give you good experience to talk about in your applications and interviews for medical school. It's also a great way to gain familiarity with different specialties and medical environments. (AAMC)



## *HOW DO I FIND A DOCTOR TO SHADOW?*



Our general advice:

- Navigate through any existing family or friend connections in healthcare
- Reach out to your own pediatrician or primary care physician
- Research and contact hospitals, clinics, and doctors with specialties that interest you keeping in mind local clinics > large-scale hospitals
- Check out some of the following tools for more ways to connect...

# HUSKY MENTOR NETWORK

Connect with UConn alumni & professionals for one-on-one career conversations, including discussing choosing a major, résumé critiques, practice interviews, shadowing and more.

Learn more here:

<https://career.uconn.edu/resources/husky-mentor-network/>



# HUSKYCAREERLINK

HuskyCareerLink is a web-based recruiting system which allows the Center for Career Development to manage many of the recruiting-related activities they offer to students. Students who would like to participate in on-campus interviews and/or view electronic job postings MUST register in HuskyCareerLink and utilize the system to view job openings, apply for positions, and sign up for interviews. Student may also connect with other current students through this platform.

Learn more here:

<https://career.uconn.edu/huskycareerlink/>



# LINKEDIN

Manage your professional identity. Build and engage with your professional network. Access knowledge, insights and opportunities. We recommend searching for alumni of a particular medical school and seeing if you have any common connections you could link with.

Learn more here:

<https://www.linkedin.com/>



# CHOOSE DO

Colleges of osteopathic medicine encourage applicants to learn more about the profession by identifying an osteopathic physician to shadow.

Learn more here:

<https://choosedo.org/shadowing-a-do/>



# CONNECTICUT HOSPITALS

Click on the following links to learn more about shadowing opportunities at the following hospitals:

- Connecticut Children's Medical Center (Hartford, CT):  
<https://www.connecticutchildrens.org/careers/job-shadows-internships/>
- UConn John Dempsey Hospital (Farmington, CT):  
<https://health.uconn.edu/human-resources/services/organization-and-staff-development/unpaid-experiences/#observation>
- Yale New Haven Hospital (New Haven):  
<https://www.ynhh.org/about/community/volunteers.aspx>
- St. Vincent's Medical Center (Bridgeport):  
<https://www.stvincents.org/Community-Wellness/Volunteer-Services>
- Windham Hospital (Windham, CT):  
<https://windhamhospital.org/education-research/job-shadow-program>
- Manchester Memorial Hospital (Manchester, CT):  
<http://www.echn.org/observation-shadowing-opportunities>



## FAQS\*

I've found a doctor I would like to shadow, how should I ask them?

- Express why you want to shadow this person specifically
- Briefly provide your background and goals
- Be courteous and respectful
- [Check out examples here](#)

How can I incorporate medical experiences abroad?

- [Check out AAMC recommendations here](#)

What should I wear and what should I bring?

- Dress pants and dress shirt/nice blouse and closed-toed shoes you can walk in all day
- Bring a notebook, ask questions and take notes between visits

Should I talk to patients?

- The doctor is required to introduce you as a pre-med student, so expect to converse with patients
- Some patients may talk to you and ask questions about yourself, while others may be uncomfortable and ask you to step out
- Be respectful and open and remember to never disclose any patient information

What should I do afterwards?

- Write a thank you note and give it to the doctor or mail it to them
- If it went well, ask the doctor for a letter of recommendation
- Reflect on the experience and journal for future reference

\* FAQs adapted from AAMC. For more info visit: <https://students-residents.aamc.org/applying-medical-school/article/shadowing-doctor/>

