

Fall 2021 Shadowing Resources

The UConn Pre-Med/Pre-Dent Advising Office does not endorse any particular program and recommends students do individual research into the legitimacy of such programs. Students should avoid any programs that charge money. We have not had direct experience with any of these programs, so please share any feedback you have with us -- good or bad -- if you explore them!

Resources on Shadowing Approaches:

- Pre-Med/Pre-Dental Advising Center Shadowing Guide - <https://premed.uconn.edu/wp-content/uploads/sites/216/2019/12/UConn-Shadowing-Guide.pdf>
- An Active Approach to Healthcare Exploration: <http://www.shadowing.healthcare/>
- AAMC on Shadowing a Doctor - <https://students-residents.aamc.org/applying-medical-school/article/shadowing-doctor/>

Virtual Opportunities:

- **Advisory Resources:**
 - AAMC information on pre-health opportunities during the pandemic: <https://students-residents.aamc.org/applying-medical-school/article/naahp-recommends-prehealth-opportunities-during-pa/>
 - NAAHP Pre-Health Opportunities During the Pandemic Ideas (crowd-sourced): https://docs.google.com/document/u/1/d/e/2PACX-1vSZEMI_w2jDK5oH_nxnODReCJE_3G6ADLWK-nFGdLsctv_3e9lfdlwMGi2mv_I9H9j8dnFkjPtJdJpH/pub
- **Online Seminars and Volunteering:**
 - Virtual Pre-Med Shadowing: <https://virtualshadowing.com/>
 - Pre-Health Shadowing: <https://www.prehealthshadowing.com/sessions/>
 - WebShadowers: <https://www.webshadowers.org/>
 - University of Colorado: <https://www.coloradowm.org/courses/pre-med/virtual-shadowing-nano-course-emergency-medicine/> (no need to pay for certificate—just explore the videos and modules!)
 - HEAL Clinical Education Network - <https://www.clinicalshadowing.com/>
 - Free virtual Shadowing 101, no need to pay for classes
 - Medical School HQ eShadowing - <https://medicalschoollhq.net/eshadowing/>
 - Medical Specialties Podcast linked, very helpful!
 - **Dental Shadowers:** <https://www.instagram.com/dentalshadowers/>