

# Guide for Health Profession Shadowing Experience

## Prepping for your job shadow

- Confirm with the shadow site your reserved day, time, location, and any other pertinent information (parking fees, dress code, etc)
- Bring something small to take notes on
- Prepare a list of questions (see options below)
- Dress appropriately – business casual is often recommended, which would include a dress shirt (button down), khakis or slacks (no jeans!), and dress shoes with socks

## During your shadow

- Expect to be standing around and observing everything going around you
- You may feel a little awkward or out of place, that is completely okay! Try to push those feelings aside and focus on the environment or what your preceptor is doing
- The healthcare professional will ask their patient if they are okay with you observing. If they say no, do not take it personally.
- Be courteous and practice your listening skills during your observation
- Greet everyone with a smile and stay engaged – keep cell phones hidden and silent!

## Questions to ask while shadowing

- What did you like most or least about the particular job?
- What does a typical workweek look like?
- What advice do you have for applying to professional schools in this field?
- Is the job outlook for this profession growing?
- Do you participate in continuing education? How do you stay up to date and current?
- What advice do you have for someone pursuing this career?
- How did you know this was the right career for you? Did you consider other careers?
- What is the biggest challenge you face in your job?
- If you could do it over, would you choose this same profession?

## After your shadow

- Reflect on your experience
  - What did you like and dislike about the profession you shadowed? Consider the following:
    - Work schedule
    - Patient contact
    - Stress level
    - Responsibilities
    - Professionalism
    - Environment
    - Variety/Routine
- Send a follow-up email or hand-written letter thanking the individual for their time and providing you with a shadowing experience. Sending a thank you note within a week after your shadowing experience is suggested.