



Wilkes University

Center for Health Sciences and Student Success

Guidelines for Getting the Most out of Shadowing Experiences

Choosing a worthy and satisfying career is one of the most difficult and most important decisions of your life. This single choice combines a diversity of issues, including one's values and aspirations, one's self expectations and assessment of talents, uncertainty, consideration of costs-time and money, and concern about how the choice will have impact on one's personal and family life.

In order to get the most out of your "shadowing" experience and learn what it's like to be a physician, dentist, or other health care professional, you need to learn not only what the professional with whom you'll be spending time does on a daily basis, but also how he or she puts the day together, allows time for the unexpected, stays current in the profession, addresses uncertainty, integrates personal and professional life, and other issues. There's a lot to learn, both from the professional and from the patients, as well as from the patients' families (or their owners if you're spending time with a veterinarian). Remember to share these guidelines with the professional you are shadowing so you have the same goals in mind throughout your experiences.

Shadowing Experience Form and Paper:

Keep a record of your experiences and reflections. This will document the facts and feelings and also help you to become a reflective practitioner. These documents will be a helpful resource as you complete your applications to professional school. You **MUST** submit a completed Shadowing Form along with a one to two-page paper (no more than two weeks after the end of your shadowing experience) to the Health Sciences and Student Success Center, CSC 109.

During your experiences, you should consider these questions:

- What did I learn from this interaction with the patient?
 - The patient's illness
 - What's going on in the patient's life that may have importance in dealing with the illness?
 - The doctor-patient relationship
 - The importance of spending enough time
 - The importance of engaged listening without interruption
- What did I learn, not only *about* the patient, but also *from* the patient?
- What did the patient teach me?
- What did I learn about what it's *really* like to be a professional in that health care specialty?

Shadowing Dress Code:

Remember, any student who is shadowing a health care professional **MUST** dress in business casual attire and make sure your Wilkes ID is visible. Some guidelines are outlined below:

- Business Casual Attire for Men
 - Pressed, collared, long-sleeved shirt (tucked in) with tie
 - Dress slacks, socks, belt, and shoes
 - Jeans UNACCEPTABLE
 - Closed-toe shoes
- Business Casual Attire for Women
 - Dress pants, skirt (at or below knee), or dress okay
 - Blouses and sweaters/cardigans, scarves okay
 - Jeans UNACCEPTABLE
 - Closed-toe shoes (pumps/heels <2.5 inches)

PLEASE DRESS AND ACT PROFESSIONALLY. You are a Health Sciences student within the College of Science and Engineering and a representative of Wilkes University.