



MIT'S GUIDE TO SHADOWING A PHYSICIAN

Shadowing a physician is valuable whether you're just exploring a career in medicine or confirmed & plan to apply to medical school. And if applying to medical school, it helps communicate to schools you've gained a diverse & in-depth understanding of what the medical field is and how it works. And more simply, it's an application requirement!

Below are a few successful approaches to finding a physician to shadow along with shadowing programs sponsored by MIT. If you have any questions or need help with any of the opportunities below, please contact Prehealth Advising at prehealth@mit.edu or schedule an appointment through [Handshake](#).

General Networking

Consider contacting physicians at local hospitals or contacting a physician you know or a friend/family member with a physician connection. This seems to be the most common approach premeds use when finding shadowing opportunities. It's also common to ask a faculty member you're connected with, PI or post-docs in your lab, fellow premed students or alumni in medical school.

Once you've identified a physician, it's important to send your request in a professional manner, including the following:

- a) your interest in medicine, whether exploring or confirmed
- b) your reason for shadowing them (e.g. interested in their specialty, unsure of a typical day, etc.)
- c) your availability; provide multiple times and days as the physician's schedule can vary day to day
- d) a copy of your resume (if you need your resume reviewed, you can meet with [Career Services](#))
- e) your appreciation by thanking them for the opportunity

If you need assistance crafting an email, review the sample emails [here](#) or contact prehealth@mit.edu.

Alumni Advisors Hub

The MIT Alumni Advisors Hub is an online platform that facilitates meaningful, 1-1 conversations between advice seekers (you) and advice givers (alumni physicians). You can discuss a variety of **Advice Topics** including: Job Shadowing, Applying to Medical School, Picking a Major, and more!



There's 2 options for finding physicians to shadow:

- 1) Filter physicians who include **Job Shadowing** and schedule a consultation/meeting to coordinate the time to shadow. Use [these](#) guides to write your request.
- 2) Use "Physician" as search keyword and filter by **Advice Topics** (e.g. Apply to Medical School, Career Conversation). Afterwards, you can follow up with a thank you letter and mention your interest in shadowing. Use [these](#) guides to write your request.

Click [here](#) to access Alumni Advisors Hub and review the FAQ Page if you need help registering or searching for alumni physicians.

The screenshot shows the search and filter interface of the Alumni Advisors Hub. At the top, there is a search bar labeled "Search by keyword". Below it, there are several filter sections:

- Show Advisors who:** A checkbox labeled "ARE AVAILABLE NOW" is checked.
- Filter Advisors by:** A dropdown menu is open, showing "ADVICE TOPICS" with a red notification badge "1". Under "ADVICE TOPICS", there is a sub-section "CAREER" with several unchecked checkboxes: "Career Conversation", "Resume/CV critique", "Mock Interview", "Job Search", "Changing Careers", and "Cover Letter Critique".
- Below "CAREER", there is a section "STARTUPS & BUSINESS" with a right-pointing arrow.
- Below "STARTUPS & BUSINESS", there is a section "OPPORTUNITIES" with a red notification badge "1". Under "OPPORTUNITIES", there are three unchecked checkboxes: "Job Shadowing", "Volunteering", and "Serving on a Board".
- Below "OPPORTUNITIES", there is a section "ACADEMIC" with a right-pointing arrow.
- Below "ACADEMIC", there is a section "ADMISSIONS" with a right-pointing arrow.
- Below "ADMISSIONS", there is a checkbox labeled "Applying to Med School" which is unchecked.

Infinite Connection

The Infinite Connection is another platform that lets you search for alumni and friends of MIT that are physicians, both here in Greater Boston and nationally.

It's common for premed students to contact alumni and request an opportunity to shadow or advice on their career plans.

If you decide to contact an alumna/us, it's important to maintain professional etiquette in all of your communications. Use [these](#) sample emails to craft your request.



Prehealth Shadow Program

**Currently postponed due to the ongoing pandemic.
Check back in with Prehealth Advising during IAP 2023.**

The MIT Physician Shadow Program provides you with a one-time, half or full day shadowing opportunity at [Massachusetts General Hospital](#), [Boston Children's Hospital](#), and [Tufts Medical Center](#).

The program is primarily designed to expose 1st and 2nd year students to a physician's typical workday. The physician students shadow is **NOT** expected to provide any additional shadowing opportunities. But, depending on how well you establish a rapport with the physician and if you enjoyed the experience, consider requesting additional opportunities in your Thank You email.

Contact: arosser@mit.edu



MIT-BIDMC Surgical Shadow Program

**Currently postponed due to the ongoing pandemic.
Check back in with Prehealth Advising during IAP 2023.**

The MIT-BIDMC Surgical Shadow Program provides you with a one-day opportunity during IAP to visit [Beth Israel Deaconess Medical Center \(BIDMC\)](#), a Harvard Medical School Teaching Hospital located in heart of Boston's Longwood Medical Area. During this full day visit, students will have the opportunity to hear from a panel of surgical residents & attending physicians, visit the simulation & skills center, and observe a surgery up close in the operating room.

The program is primarily designed for upperclassmen (Juniors & Seniors) who are serious about their commitment to apply to medical school, and have a strong interest in exploring a surgical specialty. Sophomores will be considered as space allows. The program is limited to about 12-15 participants.

Contact: arosser@mit.edu

