



MIT PREHEALTH ADVISING'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 asking 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 common to ask family members, a faculty member, 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, 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](#) sample emails to craft 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](#) sample emails to craft 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 Alumni Advisors Hub search and filter interface. At the top, there is a search bar labeled "Search by keyword". Below it, the "Show Advisors who:" section has a checked box for "ARE AVAILABLE NOW". The "Filter Advisors by:" section is expanded to show "ADVICE TOPICS" with a red notification badge. Under "ADVICE TOPICS", there is a sub-section for "CAREER" with several unchecked options: "Career Conversation", "Resume/CV critique", "Mock Interview", and "Job Search". Below "CAREER", there are two more unchecked options: "Changing Careers" and "Cover Letter Critique". The next section is "STARTUPS & BUSINESS". Below that, "OPPORTUNITIES" is expanded with a red notification badge, and "Job Shadowing" is checked, while "Volunteering" and "Serving on a Board" are unchecked. Below "OPPORTUNITIES", there is an "ACADEMIC" section and an "ADMISSIONS" section with "Applying to Med School" 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

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.

Application Opens: January 2023

Deadline: February 2023

Contact: arossier@mit.edu



PKG IAP: Healthcare Immersion Programs

Through [PKG IAP: Health](#) one-month immersion program, you spend four weeks in January volunteering full-time with the Boston Medical Center or Veterans Affairs (VA) Boston Healthcare System through a *hybrid* work model. PKG IAP: Healthcare Immersion will provide opportunities to observe professionals, collaborate with fellow students to serve clients, and work on specifically assigned projects based on your skills and the needs of the host organization.

To learn more about IAP: Health, check our [IAP: Health blog](#) content, featuring student reflections on their experiences going through this program!

Deadline: Friday, October 12th by 11:59 pm 2023

Contact: pkgcenter@mit.edu

PKG

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