

example, filling prescriptions, performing clerical work, delivering patient food, cleaning patients and/or their rooms, administering food or medication, taking vitals or other record keeping information, working as a scribe, CNA (depending on job description), medical assistant, etc.

1. Describe your healthcare experience. What role did you play, and what was the context?
2. What motivated you to undertake this experience? How does it align with your career goals in healthcare?
3. Can you share an interaction that particularly moved or inspired you? Why was it significant?
4. How has this experience influenced your perception or understanding of patient care?
5. What skills or competencies have you developed through this experience? How will these benefit you as a future health professional?

It can be a good practice to have the health professionals you observe sign off on your shadowing experiences. You may use the following shadowing verification forms to record your shadowing experiences. Reflect on what you saw in your shadowing experiences. Consider the things that you enjoyed about the experience, anything that you learned about the field, and how it helped affirm your desire to enter the health profession.

1. Describe the shadowing experience. Who did you shadow, and what were their roles and responsibilities?
2. Why did you choose to shadow this professional? How does their work align with your healthcare career aspirations?
3. Share an interaction or event from the shadowing experience that had a significant impact on you. Why was it impactful?
4. Reflect on something that surprised or challenged you during the shadowing experience. How did it change your perspective on the healthcare profession?
5. What key insights have you gained about the daily realities of the health profession through shadowing? How do these insights inform your career goals?

*Adapted from Pennsylvania State University