

# Shadowing Tips & Tricks



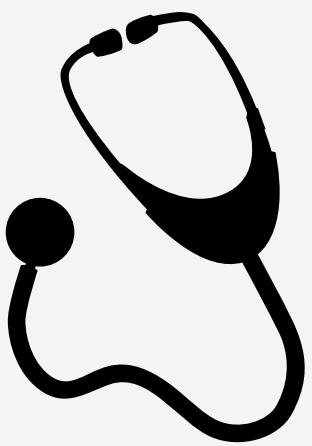
## GO FOR THE UNKNOWN

Shadow something you know nothing about! Medmap mentors, OAW, and peer support, are a great place to start!



## REMINDER EMAILS

If you arranged it a few weeks ago, send a polite reminder email a few days before!



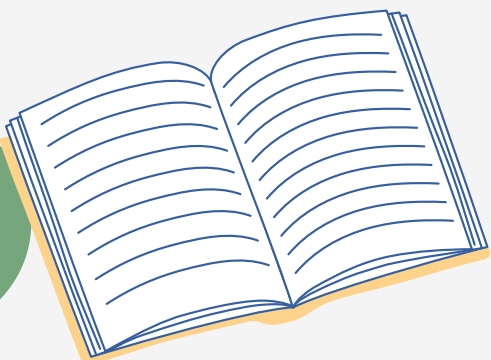
## CLOTHING

Dress in business casual (unless scrubs are specified), wear comfortable shoes, bring your ID, notebook and stethoscope!



## SCRUBS

Scrubs are located in the basement of UA hospital. If you have an **early** shadow shift get scrubs from the basement the day before!



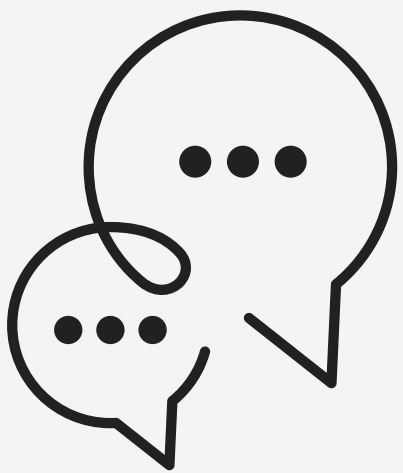
## BRUSH UP ON CLINICAL KNOWLEDGE

If you have time, look up the most common cases that specialty sees!



## GO EARLY!

Arrive 5-10 minutes early to find the unit. Take initiative to ask a staff member where your preceptor/resident is!



## BE CURIOUS!

Go ready to learn, observe, listen and ask questions! If your preceptor seems busy wait to ask your questions.



## WE ARE GUESTS

Be respectful, kind and considerate to all staff. We are their invited guests that day. We want to learn, be helpful and not add stress to their day.



## YOU HAVE TIME!

Don't overdo it! You have lots of time to shadow. Some people will shadow multiple times, some never will, do what works for you.

## BE YOU!

The most important thing is to be exactly who you are.

*You got this!*

