



Health Professions Summer Experience Guide

So many choices:
Courses, research, work,
observation/shadowing, rest,
fun with family & friends, take a class, engage
in community service, develop a new skill, etc.

Summer Classes

- **Summer @ Wheaton** – consider one of the Wheaton in ____ programs
 - Wheaton in the Northwoods (HoneyRock)
 - Wheaton in the Black Hills
 - Study Abroad with Wheaton faculty *if applications are still open!*
- Courses at a college or university close to home – complete the Transfer Credit Approval form first



Quick Guide for Experiences

#1 CONSIDER

What do you want to learn and experience?

What are your goals?

- Exploration – career fields, specialties, healthcare issues
- Career Confirmation
- Skill Development: communication, problem solving, scientific inquiry, collaboration/teamwork

#2 BE STRATEGIC

Not all experiences are the same & you only so much time.

Aspects of the Experience

- Location, Housing
- Application Requirements
 - GPA
 - LOR's, Essays
- Do you have the necessary prior experience, courses
- Is it Paid or Unpaid/Volunteer
- Deadlines

#3 DO THE WORK

- Take the time to do the research & apply or investigate options
- Be organized & realistic
- If relevant, ask references early (at least 2 weeks, if not more!)

- *What it is like to interact directly with patients as a _____.*
- *What are the challenges and rewards of being a _____.*
- *Understanding and/or experience caring for individuals dealing with chronic and acute medical problems*
- *Understanding and/or experience caring for individuals with disabilities*
- *Understanding and/or experience with patient's families*
- *Understanding of a specific disease or illness*
- *Apply scientific concepts learning in my biology class to scientific research on a specific disease*
- *Why is insurance so complicated? Why doesn't the US have universal healthcare coverage?*
- *How does health care policy (federal or state) affect individuals and communities? Similarities & Differences between various populations, geographic areas?*
- *What is HIPAA?*
- *How does a Christian health care professional engage physician assisted suicide and do-not-resuscitate orders*
- *How do healthcare professionals handle mistakes?*
- *How do you tell someone they have a terminal illness?*



**What questions
do you want to
ask?**



**What do
you want
to learn?**

Locations to Learn

- Hospital
- Physician office or clinic
- Outpatient Surgical Center
- Birth Center
- Rehabilitation center (in-patient, out-patient)
- Dialysis Center
- Addiction Treatment Center
- Assisted Living Center
- Long-term Care/Skilled Nursing Center
- Summer Camp
- Area Health Education Center
- Health Advocacy Group or National Association for _____
- Home Health
- Hospice
- County Public Health office
- Dept. of Health & Human Services
- University, Professional School
- Elementary, Middle & High Schools

Connect with Alumni



Shadowing and Observational Opportunities

Opportunities for Students ^

[Home](#) / [Academics](#) / [Programs](#) / [Health Professions](#) / [Opportunities for Students](#) / **Shadowing and Observational Opportunities**

Shadowing and Observational Opportunities

Volunteer Opportunities

Experiences & Internships

Pre-Veterinary Opportunities

Delaware	Christiana Care Health System (Wilmington, DE)
Florida	Baptist Health South Florida Tallahassee Memorial Hospital
Georgia	Northside Hospital and Gwinett Medical Center Children's Healthcare of Atlanta



Examples of opportunities to explore and learn more about healthcare careers



Kids deserve the best.

Job Shadowing

Are you a high school or college student considering a career in health care? Through ChristianaCare's Job Shadowing Program, you can get a unique, up-close view of what it's like to work in the health care field through our job shadow programs.

ChristianaCare offers job shadowing experiences for students age 16 and over through two tracks:

Nursing Job Shadowing

See first-hand what it's like to care for patients and families in a Magnet® designated health care system. Job Shadowing participants can observe a variety of nursing environments, from one of our medical units to one of our nationally recognized specialty clinics. Learn more about [Nursing Job Shadowing](#).

Physician and Allied Health Job Shadowing

ChristianaCare's physicians and health care providers have earned national recognition for their contributions to the field. Job Shadowing participants have the chance to see what it's like to work in departments ranging from cardiac care, family practice, sports medicine and many others. Learn more about [Physician and Allied Health Job Shadowing](#).

Questions about Job Shadowing at ChristianaCare?

The Nursing Development & Education Department and Department of Academic Affairs provide Job Shadowing opportunities at ChristianaCare.

1. Locate a sponsor for your observation experience.

***Professional observers must be 18 years or older**

The best way to locate a sponsor is to talk to someone you know that works at Children's Wisconsin. If you don't already know someone at CHW, try browsing our [Program and Clinics](#) to narrow down your search. Contact the specialty that most closely matches your area of interest to inquire if a job shadow opportunity would be available. You may contact the main hospital operator at (414) 266-2000 and ask to be transferred to the area or location of interest. Please keep in mind, job shadows and observations are at the discretion of the clinics themselves. Some areas do not accept job shadows except under special circumstances, such as the Neonatal Intensive Care Unit.

Please note: There is no guarantee that an employee will be able and willing to sponsor a job shadow or observation experience.

Job shadows are set up on a case-by-case basis with the department you're visiting, but most experiences last for about 4 hours on a given day. You should discuss the observer/job shadow arrangement with your sponsor to figure out a time that works best for both of you. More information can be found in the Observer/Job Shadow Policy, which is the first four pages of the job shadow paperwork.

2. Fill out the observer paperwork. [Download the form](#). View the [COVID vaccine requirement addendum](#). Use this [PowerPoint](#) to complete page 11 for a Milwaukee campus job shadow. For all other experiences, please complete page 11 with your sponsor.

Job shadowing opportunities

Observer Program

The Observer Program is open to members of the community who are interested in exploring careers in the health care field. Whether you are a high schooler, college student, or second career adult, the Observer Program provides opportunities to observe Children's Minnesota staff, learn more about their field, and explore possible careers. This experience is entirely hands-off and is supervised by a professional. Positions are limited and based on staff availability. [See available departments here.](#)

For common questions about the Observer Program, [visit our FAQ page.](#)

Observer eligibility requirements

- Be a minimum of 16 years old.
- Submit [documentation of immunization records](#): vaccines required include



Parkland

Internships

Parkland offers two types of exciting internships for students interested in a career in healthcare. Internships offer valuable professional experience for these students and helps Parkland in its long-term-recruiting efforts to bring engaged and talented individuals into the Parkland system.



Summer Internship Program

Parkland offers an 8-week summer internship program that introduces high school and college students residing in Dallas County to career and employment opportunities in health care. The programs typically kick off the second week of June and end the first week of August. Students are placed in various areas throughout the hospital and work under the supervision of the hiring manager and the department staff.

Ways to search for an experience...

- **Determine your goals for the summer.**
- **If looking for a specific internship (already created), find a list of opportunities**
- **Narrow your search.** Going through pages of opportunities can be overwhelming.
 - Ways to narrow the search:
 - Start looking at a particular city or geographical area.
 - Consider starting with a particular type of opportunity such as clinical research.
 - Use curated lists that provide a snapshot of the experience, write down all those that look interesting on a quick first glance.
 - Take that list and complete a more throughout review (do you meet requirements, how many slots, how close is the deadline, etc.)
 - **Review deadlines**
- **Create a realistic plan to engage the process.**
 - Start with 15 - 20 minutes one day looking at options. Take notes.
 - Pick a day and devote 20 minutes to researching what is available in the hospitals, clinics, etc in your hometown.



Check out
Emails &
CANVAS X

Advice about Applying to Programs

*“They have to
take someone,
it can only be you
if you apply”*

- Evan Peace '23

- **Be organized.** Keep detailed lists of requirements and deadlines.
 - Does the program require a transcript (request online through Registrar’s Office site)?
 - Does the program require letters of recommendation or references (ask well in advance of deadlines)?
 - You may need a resume or list of experiences (have CVC or HP office review ahead of time) or motivational statement about your goals and/or interest in the program.
 - Do you need to provide proof of vaccinations? Likely only required to prove if accepted.
- **When writing essays review the programs and company/school sites** to make sure you are communicating in a language that they understand (mission statements, etc.) and find ways in which you genuinely connect and resonate with that language.
 - Consider or inquire about any connections Wheaton or alumni may have connections to the school or company!

Advice from Your Peers...

“I recommend students apply for and explore opportunities outside of their home state, as it greatly opens opportunities for them by applying to a wider range of programs. For me, I thoroughly enjoyed living in Michigan this summer and I'm really glad that I applied to a program that is so different from my home state of Oklahoma.”

– JJ Ruff '24

Examples of Summer Plans



Work at summer camp for kids with disabilities for 10 weeks, observe at a local PT clinic for two weeks prior to camp



Part-time research experience at a hospital vaccine clinic and part-time employment as a Barista and volunteer experience at local physician clinic one evening a week



12-week, full-time clinical research opportunity and Research 1 institution working on drug-resistant TB strains & volunteering at local non-profit health clinic



Clinical research with addressing social determinants of health and developing programs to promote health equity; volunteering at local food pantry

During the Experience

- **Keep a record of your experiences:** Write down what you see and learn and reflecting on how this experience has been meaningful to you. Take notes that will help you remember certain situations for the future.
 - Think about the core competencies for your entering profession.
 - Consider personal growth and development.
 - Professional school interviews often ask questions that seek to learn about your experience with:
 - Individuals with different values, beliefs, and backgrounds to yourself
 - Making mistakes and how you handle adversity
 - Leadership and working in teams with others and navigating conflict or disagreement

Example: Create a Google document – have a folder for each experience. If you had to talk about the experience in an interview, what would you say? What are significant take-aways?
- **Keep track of details:** the name(s) of the individual(s) you are working with, titles of departments and contact information. Record the beginning and ending dates you work and the total number of hours you worked, volunteered or shadowed.

Reminders for the Experience

- **Be Professional:** demonstrate respect and responsibility, dress appropriately, show up on time, follow through with commitments, and cancel only for emergencies.
- **Communicate with supervisors and coordinators:** When you cannot make a commitment, call/email. Use
- **Explore outside of the actual experience:** Read books by and about health care professionals, articles on health care, and internet blogs on health care to expand your understanding of healthcare beyond what you've observed or experienced. Follow up on what you learned the day before...
- **Consider volunteer opportunities** in the location your internship/experience as well – can provide insight and investment in a different community or allow you to engage with other interests.

Example of working in clinical research with COVID vaccines at Emory University and in the evenings or on the weekend volunteering with BeLoved:Atlanta an organization to help women leaving forced prostitution.