Gaining Experience: How do I get involved in Research, Shadowing and Volunteering?

- **Research**
  Talk to faculty members who are doing research and see if you can shadow students working on projects. Seek opportunities that are relevant to your career objectives. In addition to Independent Study and Senior Thesis projects at York College, you should also consider applying for research opportunities at other institutions. There are often fellowships available for study at both academic and government research institutions.

- **Shadowing**
  It is important for you to shadow health professionals so that you gain a better understanding of what a career in medicine truly entails. Through this experience, you will also be in good position to get familiar with the latest health care policy changes. You may discover that although you consider yourself a “people person,” working with sick people has unique challenges that you had not anticipated. To gain clinical experience, you should take advantage of the opportunity to take PMD courses at York Hospital. Discuss which courses might be best for you with your Premed faculty advisor. Inquire about shadowing opportunities with your family physician or other specialists. Talk to alumni at various stages of medical school and their careers to see if you can follow them for a day or so. You can also explore shadowing opportunities through Wellspan.

- **Volunteering**
  Health care professions are service oriented. Medical schools want to see that you are internally motivated for this career path and the best way to demonstrate this aspect of your character is to volunteer. There are a variety of opportunities on campus and in the community to be of service to those in need. Check with hospitals, nursing homes, daycare centers, camps for kids with special needs or terminal illnesses, etc. These experiences can be just as rewarding for you as they are for the person in need. You will get familiar with communicating with a diverse group of people and become comfortable talking to people you don’t know.