



The Shadowing Experience Program

PROGRAM DESCRIPTION

The Shadowing Experience Program supports students who have had limited clinical exposure by offering shadowing hours, clinical skills training, application preparation, and volunteer opportunities. Priority is given to those who've faced educational or economic barriers and are passionate about serving under-resourced communities. All program activities will be held in person, and most will be in the San Fernando Valley. The program is free, but participants must cover their own travel and personal expenses.

Applications for the program will be reviewed on a rolling basis as they are received. An application is considered complete once all components of the application are received. Please see the application requirements below for more information. Space in the cohort is limited, so applicants are encouraged to submit their materials early, before the final deadline of **September 30th**. Please note that spots may fill up prior to the deadline, as completed applications are reviewed and decisions are made.

KEY COMPONENTS

Participants will receive:

- A 3M Littmann Lightweight II S.E Stethoscope
- A pair of FIGS scrubs
- 4 hours of shadowing
- 4 hours of volunteering
- Vital sign and blood sugar screening training
- Graduate school application preparation

IMPORTANT DATES AND INFORMATION

- Application opens: **Friday, September 11**
- Deadline to submit all documents: **Wednesday, September 30, by 11:59 PM**

If you're accepted into the program, you must be available on following dates

- Mandatory Orientation: **Friday, October 16 from 10:00 AM to 2:00 PM**
- Vital sign and blood sugar screening training: **Friday, November 6 from 3:30 to 5:30 PM**
- Graduate school application prep and vital sign review day: **Friday, November 13 from 1:30 to 5:30 PM**

Please note that if you're accepted into the program, you will need to provide proof of TB screening within 1 year of orientation and hepatitis B proof of vaccination or titer results before being able to select your shadowing shifts. Shadowing shifts and volunteer shifts will be selected based on clinic and participant availability.

APPLICATION REQUIREMENTS

Applicants cannot be previous Pre-health Career Enrichment or Shadowing Experience Program participants. To apply you must:

- ☐ Be 18 years or older
- ☐ Submit a completed application
- ☐ Submit an essay clearly answering the prompt
- ☐ Submit a resume or C.V.
- ☐ Have a reference form submitted on your behalf. The form can be found on our website. Forms submitted by the applicant will not be accepted.
- ☐ Submit an official transcript or verification letter **directly** from your college or the servicer they use (e.g. Parchment) to prehealth@vidamobileclinic.org. Transcripts or letters submitted by the applicant will not be accepted.

Application

PERSONAL INFORMATION

Name: _____
First Name M.I. Last Name Preferred First Name

Email: _____ Phone Number: _____
(XXX) XXX-XXXX

Birth Date: _____ Birth Country: _____
MM/DD/YYYY

Preferred Address: _____
Street

Unit/Apt# City State Zip Code

Did you grow up in a health professional shortage area according to the HRSA?

Search shortage areas by address: <https://data.hrsa.gov/tools/shortage-area/by-address>

☐ Yes, zip code: _____ ☐ No

Were you or are you a youth involved in the justice or foster system?

☐ Yes ☐ No

MILITARY EXPERIENCE

Have you or are you currently serving in the United States military?

- ☐ Yes
- ☐ No
- ☐ Decline to Answer

CAREER PATH INFORMATION

Which career path do you plan to pursue?

- ☐ Medical Doctor - MD / DO
- ☐ Nurse Practitioner – NP/FNP
- ☐ Physician Assistant – PA

Have you applied to Medical, Nursing, or PA programs in the past?

☐ Yes ☐ No

When do you plan to apply or reapply to Medical, Nursing, or PA programs? _____

PARENT INFORMATION

What is the highest level of education for parent 1?

- ☐ Less Than a bachelor's degree
- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ Doctorate or Professional Degree
- ☐ Don't know

What is the highest level of education for parent 2?

- ☐ Less Than a bachelor's degree
- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ Doctorate or Professional Degree
- ☐ Don't know

Were either one of your parents involved in the justice or foster system?

- ☐ Yes
- ☐ No

Did you grow up in a single parent household?

- ☐ Yes
- ☐ No

Are you a parent or legal guardian of a minor?

- ☐ Yes
- ☐ No

PROFESSIONAL EXPERIENCE

Were you employed while pursuing your high school diploma or GED?

- ☐ Yes
- ☐ No

Were you employed while pursuing your undergraduate degree?

- ☐ Yes
 - On average how many hours per week did you work: _____
- ☐ No

Are you currently employed?

- ☐ Yes. Full-time (more than 32 hours a week) or Part-time? _____
- ☐ No

Do you have any clinical experience taking vital signs (blood pressure, pulse, etc.)?

- ☐ Yes
- ☐ No

Have you ever shadowed a medical provider? (MD, PA, or NP)

- ☐ Yes.
 - How many hours of shadowing have you completed in your desired field? _____
- ☐ No

ACADEMIC INFORMATION

High School Name: _____ Grad Year: _____

Address: _____

College/University #1 Name: _____ Country: _____

Science GPA: _____ End Date/Expected Graduation: _____
MM/YYYY

Program Type:

- | | |
|---|-----------------------------------|
| ☐ Junior College | ☐ PostBacc |
| ☐ Undergraduate | ☐ Graduate |

College/University #2 Name: _____ Country: _____

Science GPA: _____ End Date/Expected Graduation: _____
MM/YYYY

Program Type:

- | | |
|---|-----------------------------------|
| ☐ Junior College | ☐ PostBacc |
| ☐ Undergraduate | ☐ Graduate |

List Additional Institutions Attended: _____

CRIMINAL INFORMATION

Have you ever been convicted of or pleaded guilty or no contest to a felony crime?

- ☐ Yes
☐ No

Have you ever been convicted of, or pleaded guilty or no contest to a misdemeanor crime?

- ☐ Yes
☐ No

CONFIDENTIALITY WAIVER FOR REFERENCE FORMS

As part of this application process, I understand that a reference will submit a confidential form on my behalf. I voluntarily waive my right to access or review this form at any time, now or in the future. I understand that this waiver is not required but may encourage candid and honest feedback from my reference.

By signing below, I confirm that I waive my right to access these reference materials.

Signature: _____ Date: _____
MM/DD/YYYY

The reference form must be submitted by your reference to prehealth@vidamobileclinic.org.

ESSAY PROMPT

***Please address all the following in your essay (minimum 800, maximum 1000 words). Be as specific as possible.**

- Explain the challenges (educational, social, geographical, and/or economic) you faced during your educational journey.
- Explain why you chose your intended career (MD/DO, FNP, PA).
- Describe your experience or motivation in working with the underserved or elderly community.
- Explain why you are motivated to join this program currently and why shadowing a provider is important to you.

Please submit this application along with the additional documents to prehealth@vidamobileclinic.org

Confirmation and Signature

I hereby certify that, to the best of my knowledge, the information provided is true and accurate.

Signature: _____ **Date:** _____
MM/DD/YYYY

COMMON QUESTIONS

Is this an in-person or virtual program?

Participants are expected to attend 6 in-person days. Locations vary, but activities primarily take place throughout the San Fernando Valley. In-person requirements include:

- Orientation
- Vital signs training day
- Application prep and vital signs review day
- 2 Shadowing shifts
- 1-2 Volunteer shifts

I've attended multiple schools. Do I need to submit a transcript for each school?

No, we only require 1 transcript. We do not accept high school transcripts. Transcripts must be at the college or university level.

Who should complete my reference form?

The reference form should be completed by someone who knows you professionally. A supervisor or professor will work.

Can previous Pre-health Career Enrichment or Shadowing Experience Program participants apply?

The Shadowing Experience Program is open only to new participants. However, as a previous participant, you are welcome to join our volunteer team by completing a Volunteer Interest Form found on our website.

I'm currently in high school. Can I apply for this program?

Applicants must be 18 years or older and must be able to request official transcripts from a college or university.