



UNIVERSITY *of*
DENVER

STUDENT LIFE
Career Services

Finding Volunteer/Clinical Experiences

(including shadowing, internships and jobs)

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DU Career Center

- Career Services
- Sign up for the Career Services blog.
- All career-related workshops and events are listed on the blog along with numerous tips.
- Tips – searching for an internship or job
- **Percentage of Students With Internship Experience Climbs**
- Nationwide, **65%** (higher at DU) of Bachelor's degree graduates from the Class of 2015 participated in an internship and/or co-op, the highest percentage recorded for any graduating class since NACE's Student Survey report was first published in 2007.
<http://www.naceweb.org/s10072015/internship-co-op-student-survey.aspx>
- **DU students who complete an *internship* have an average *starting salary* for their *first job* after graduation that is **\$10,000** greater than students who did not have an internship.**

Know the difference

- **Shadow** – to follow and observe someone closely in order to gain familiarity and understanding of a job, environment or clinical area/specialty. The experience could be a few hours, one-time or over a few days. **You will not be providing direct patient care.**
- **Volunteer** - to take part in a job or task without monetary pay. Consider experience and networking connections as a form of pay. The experience could be short-term, project-based or of longer duration. **May have direct patient contact.**
- **Intern** – to apply what you learn. “An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional or work setting. Internships give students the opportunity to gain valuable applied experience and make connections in professional fields they are considering.” Often paid. **Likely to have direct patient contact.**

What do I want from experience?

- **Learn** about various medical careers.
- **Witness first-hand** what you are getting into.
- **Make informed decisions** before spending time and money to apply to and attend medical school.
- Know the daily or common **activities** in that career.
- Gain **professional connections** for future networking or personal recommendations.
- Gain **experiences to talk or write about** for medical school interviews and applications.
- **Demonstrate** to an admission's committee that you have the **motivation/commitment** to pursue that career successfully.
- **Gain comfort in professional environments**: clothing, behavior, customs/expectations. Act and dress like medical professionals!

What, Where, Who, When, Why?

- **What** would you like to learn? What skills or talents do you have to offer the employer?
- **Where** would you like to do it: Denver, your hometown, elsewhere?
- **Who**: type of organization?
 - hospital, dental office, research facility, clinic, lab or another type of org?
- **When**: During academic year, winter break, summer, after graduation/before med school?
- **Why**: The employer or med school will ask!

How to find – shadowing experiences

- If you have **relationships** with your own medical professionals, ask!
- **Ask at DU**: your professors, pre-health academic advisor or career advisor may know medical professionals that other students have shadowed.
- **Join** any pre-health **clubs** at DU or elsewhere such as the [American Medical Student Association \(AMSA\)](#) for contacts.
- **Join and participate in online groups** such as [Student Doctor Network](#) .
- **Search Google and LinkedIn** using terms like '[medical shadow Colorado](#)' or other variations.
- Start to **network** with relevant people. Like any relationship, develop it a bit before asking for something. LinkedIn is a tremendous resource.
- **Obtain short-term training** (community colleges or local hospitals) leading to certification as an EMT, CNA, phlebotomist, medical scribe, Wilderness First Responder, etc. Search online using 'EMT training Colorado' or similar search terms. These jobs are likely to pay much better than typical part-time jobs.

The Process

Two methods to a volunteer, shadow, intern, job or clinical experience

- **1: Finding opportunities:**
 - Existing (reactive - apply to opportunities that are posted)
 - Propose (pro-active – create your own)
- **2: Successfully applying for them:**
 - Understand skills employers seek & identify yours
 - Complete applications carefully/thoroughly/on-time
 - Resume, cover letter, networking and interview prep
 - Consider how you could benefit the organization
 - Follow-up, follow-up, follow-up

Finding opportunities

- **Existing opportunities**: search Google and LinkedIn for 'medical/blood labs Denver' or 'Health Professional Opportunity Day at CU or variations on these search terms
- Search specific organizations such as 'volunteer Children's Hospital Colorado' or 'jobs National Jewish' (note the duties of CNAs or Lab Researchers) or 'shadowing Anschutz Medical' or 'volunteer St. Joseph's hospital Denver'
- Set up email alerts if possible: job/internship sites, with specific organizations (Centura) and with Pioneer Careers and UCAN at DU.

Finding opportunities (con'd)

-Proposing (pro-active) – suggest that you be allowed to shadow/volunteer or be hired as an intern, lab assistant, etc. **even when nothing has been advertised.** Develop an excellent cover letter and phone script to be at your best. Be specific – what would you like to do? What can you do? What are your qualifications? Education, experience, character traits?

- Eliminates competition but requires more up-front effort
- Demonstrates tremendous initiative and maturity

Example: [Faculty of the 2015 Summer Child Health Research Internship at Children's Hospital](#)

-People or organizations that are shown at the above site or through this search: ['medical researchers Denver'](#) - **look these people up on LinkedIn. Call, write or visit.**

Links to hospital volunteer offices

Centennial Area Health Educ. Ctr.	http://www.cahec.org/	health centers - N.E. Col
Central Col. Area Health Educ. Ctr.	http://www.centralcoahec.org/	health centers near Denver
Children's Hospital - Volunteer	http://www.childrenscolorado.org/donate-volunteer/volunteer	12 miles from DU campus
Craig Hospital - Volunteer	https://craighospital.org/volunteer	2.6 miles from DU campus
Lutheran Medical Ctr. - Volunteer	http://www.lutheranmedicalcenter.org/about/volunteer-program/become-a-volunteer/	various locations - Denver
National Jewish Health	http://www.nationaljewish.org/help/volunteer/	5.8 miles from DU campus
Porter Hospital - Volunteer	http://www.porterhospital.org/poh/community/volunteer-programs/become-a-volunteer/	1 mile from DU campus
Presbyterian/St. Luke's - Volunteer	http://www.pslmc.com/careers/volunteers/	5.5 miles from DU campus
San Luis Valley Health Educ. Ctr.	www.slvahec.org	Alamosa, CO
S.E. Colorado Health Educ. Center	http://www.secahec.org/	health centers - S.E. Col.
S. W. Colorado Health Educ. Center	http://swcahec.org/	health centers in S.W. Col.
St. Joseph's Hospital - Volunteer	http://www.exemplasaintjoseph.org/volunteer	5.5 miles from DU campus
Swedish Medical Center - Volunteer	http://swedishhospital.com/careers/volunteer-services/volunteer-now.dot	2.7 miles from DU campus
University of Colorado Health Ctr.	http://www.cu.edu/cu-advocates/advocacy-resources/volunteer-opportunities-cu-anschutz-medical-campus	various locations - Denver
West. Colorado Health Educ. Center	http://wcahec.org/	health centers - Western Col.



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www.du.edu/career

<http://careerblog.du.edu/>