How to find clinical experience
Presenters

Danielle Stubbs, M.Ed
Senior Academic Advisor for Pre-Health Students

Katherine Greene, M.Ed
Industry Career Coach for Public Health, Health Sciences, Nursing & Medicine

Guests

Catherine Alvaro
Current GW Student
Exercise Science Major
Junior, Pre-Med

Sherrita Neal, MBA
Operations Manager
Department of Dermatology
GW Medical Faculty Associates

Natalie Murray
Clinical Manager of Dermatology
GW Medical Faculty Associates
Agenda

What is clinical experience?  
Why is it important?

What counts vs what does not?  
How many hours do you need?

Most common kinds of clinical experiences  
Opportunities in DC and at GW

How to find and obtain clinical experience  
Advice from Katherine Greene on composing a competitive resume

The student experience  
Cate Alvaro - Junior, Pre-Med GW Student

Questions?
What is clinical experience?

- Clinicals are **hands-on** experiences working with patients in a medical setting, often in a hospital, hospice or private practice.
- Not to be confused with shadowing!
  - Shadowing is purely **observational**. The goal with shadowing is to follow a healthcare professional and observe their interactions with patients.
Why do you need it?

- **What it does for you:**
  - Explore different interests
  - Experience and evaluate different working environments
  - Understand the nature of medical practice and the daily demands placed on physicians.
  - Assess your ability to communicate and empathize with people from different backgrounds and cultures
  - Evaluate your willingness to put others’ needs before your own

- **What it shows admissions committees**
  - Shows that you have an awareness of what a career as a practicing physician entails
  - Demonstrates motivation to pursue medicine

Association of American Medical Colleges. (2021). 2021 Official Guide to Medical School Admissions: How to Prepare for and Apply to Medical School
Why do you need it?

92.9 %

of 2020 matriculants volunteered in the healthcare field

95.4 %

of 2020 matriculants shadowed a physician or other healthcare professional

How many hours do you need?

- **Admissions committees evaluate your experiences using at least three different criteria**
  - **Length of time you’ve invested**
    - Focus on sustained commitment over time
    - Bare min. # of hours: 100 - 200 hours
    - For PA school, that # increases to 1000 - 2000 hours
  - **Depth of the experience**
    - The more time you spent at one clinical site, the more meaningful your experience can be
  - **Lessons learned**
    - Keep a detailed log of your clinical experiences, noting any impactful moments and lessons
What **DOES NOT** count as clinical experience?

- Shadowing
- Admin
- Folding laundry in hospital
- Checking in patients
What **DOES** count as clinical experience?

- EMT
- CNA
- Medical Assistant
- Scribe*
- Hospice volunteer*
- ED Tech
- Patient advocate*

*may not count for some PA programs
Keep in mind!

- The degree to which you contributed to and participated in these activities is vital.
- Medical schools value a demonstration of true commitment.
- They’re interested not only in what you’ve done, but how you think those experiences have influenced who you are and what you want to do.
- A series of short-term involvements does not really convey a deep interest, and this lack of motivation is apparent to admissions officials.

DC & GW Opportunities

Opportunities at GW
- GW Emergency Medical Tech-Basic (EHS 1040) and EMT Basic Lab (EHS 1041)
  - GW EMeRG
- Emergency Medicine Clinical Scribe (EHS 2108)
- GW Hospital Volunteer

Opportunities in DC
- One Tent Health
One Tent Health → Volunteer Clinical Opportunity

- We do HIV and COVID tests in the DC community, likely to offer more services soon!
- Volunteers assist with outreach, registration/intake, and HIV testing
- Shifts every Sat. and Sun. from 11 am - 2 pm and 2 pm to 5 pm
- Training has 3 parts
  - Online asynchronous (~2 hours)
  - Online synchronous (~1 hour)
  - In-person (~2 hours)

Sign up: onetenthealth.org
Questions: gw@onetenthealth.org
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- CNA Training - List of DC training programs
- MA and RA Positions - Frequently listed in PH Updates Newsletter (most appropriate for gap year students)
  - Medical Assistant in Dermatology office
  - Senior Clinical Research Coordinator
MA in Dermatology Office

Intro by Dr. Adam Friedman, Professor & Chair of GW Dermatology Dept.

Sherrita Neal & Natalie Murray from GW Dept. of Dermatology
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- Part-time medical scribe in Silver Spring, MD - going out in Friday’s newsletter!
- Handshake
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International Experience
- While valuable, be aware of the kind of things you get to do. If it's not something you'd be allowed to do in the US, do not partake in it abroad
- Can be a red flag to admissions
Developing Your Resume

Presenter: Katie Greene - Health Industry Coach
Competencies

- Critical Thinking & Creative Problem Solving
- Communication
- Teamwork & Collaboration
- Professionalism
- Leadership
- Global Perspective
- Technology & Information Management
- Career Management
Critical Thinking, Communication, Teamwork & Collaboration, Leadership, Professionalism, Global Perspective...

- Excel
- SAS, R
- Language proficiency
- Policy Knowledge
- Country-specific Knowledge for global public health
- EMS
- PH or Clinical pediatric exposure.
Sections of the Resume

• ONE page
• Margins between 0.5 and 1 inch
• Font size: 10 - 12 point

Your Name
Your address, email, phone number

Education

Experience

Specialized Section

Additional Information
JOE SMITH
800 21st Street NW Suite 500 | Washington, DC 20052 | careercoach@gwu.edu | 202-994-8787
www.linkedin.com/in/gwu

EDUCATION
The George Washington University
Bachelor of Arts in Africana Studies
Washington, DC
May 2022

Sidwell Friends School
High School Diploma | GPA: 3.78 | National Honor Society
Bethesda, MD
May 2018

EXPERIENCE
Bashkin Robins
Server/Cashier
Washington, DC
November 2016 - present
- Greeted guests and promoted specials to provide a satisfactory guest experience
- Processed orders in a busy, high volume environment in order to maintain daily sales goal
- Balanced cash register as part of the daily closing procedure, ensuring accurate numbers

Key Club of Sidwell Friends School
Vice President
Bethesda, MD
May 2017 - May 2018
- Recorded weekly Executive Board and Planning Team meeting minutes to effectively track club activities and planned events
- Collaborated with President to plan monthly volunteer events at local food bank that encouraged club members to engage in community service

ACTIVITIES
Best Buddies Maryland
Volunteer
September 2014 - present
- Foster friendship with an assigned buddy to support their self-esteem and social skills
- Planned weekly activities based on interests of the peer buddy to provide social opportunities

Sidwell Friends School Varsity Soccer Team
Team Member
Bethesda, MD
September 2016 - May 2018
- Attended daily practice and contributed to team effort to reach State Championships
- Recognized with the MVP award in May 2017

SKILLS
Technical: Microsoft Word and PowerPoint, Prezi
Language: Spanish (Fluent)
Header Options

- Education
- Honors & Awards
- Certifications & Trainings
- Relevant Experience
- Clinical Experience
- Volunteerism
- Engagement
- Presentations
- Research
- Skills
Building Resume Phrases

Start with a **strong action verb** – what did you do?

Add **qualifiers** (details) and **quantifiers** (numbers) – who, what, where, and how?

**Include results** – what was the purpose, outcome, or impact of your actions?
Example Resume Bullets

Implemented new best practices in recreating Board of Trustees Handbook to improve onboarding for members.

Collaborated with president to plan monthly volunteer events at local food bank that encouraged club members to engage in community service.
Resume Bullet Examples | Professional Competencies

- **Leadership** | Collaborated with President and Vice President to plan monthly volunteer events at a local food bank to encourage GW students to engage with and give back to the local community

- **Global Perspective & Leadership** | Represented GW at the Model United Nations Conference drafting legislation and policy initiatives to address pressing concerns on global stage, specifically related to international development and public health issues in Ethiopia

- **Communication & Teamwork** | Collaborate with 3 interns to create a yearlong fundraising plan for 25th Anniversary, including communication strategy and 2 major events

- **Communication** | Answered questions from patrons regarding catering, product manufacturing details and doughnut/coffee pairings to promote sales of all company products
The Student Experience

Catherine (Cate) Alvaro

Class Level: Junior
Major: Exercise Science
Track: Pre-med
Questions?

Email: prehealth@gwu.edu

Website: prehealth.gwu.edu
Please fill out the exit ticket!

https://forms.gle/yR1GGpsjMHfHzP6