

What to Ask When You Shadow at a Clinic

You can just ask about anything you're curious about as you're shadowing - that's what I always did. Like "what's the purpose of this," "when would you wanna do this," "what are we looking at here," "is this a..." when looking at an X-ray, try to really get a feel for the field yk? Be curious! To better develop your relationship with the dentist, whether that be in hopes of getting a rec letter from them or to just become more-so like friends with the dentist you're shadowing, you can (and probably should, out of human decency) also ask about them and how they got interested in the field and stuff like that and their pre-dental and dental journey, but try to save your questions for in between patients or during a little bit of downtime unless they go out of their way to explain stuff as they're working on the patients - at that point, then you know you can ask as they're working. As you start asking questions in between patients and during break periods, they will more than likely be more inclined to explain things as they work and really try to show you things when actively with patients

What to Bring When You Shadow at a Clinic

I'd just bring something to take notes on and something to write with. I brought a notebook and a pencil and just wrote stuff the whole time. I'd write anything interesting or informational I'd hear, learn, and observe, and I'd write my questions down, when they'd come up, and then save them for when I had a chance to ask them. Then, I'd write down the answers to them. That's really about all you need to be honest. As for what I wore, I just wore scrubs and some shoes