



Champlaine Valley Area Health Education Center's

# Shadow Day Programs

## What is *Shadow Day*?

*Shadow Day* is a one-day Health Careers Exploration Program held on a hospital campus. It is for selected Vermont high school students (from Addison, Chittenden, Franklin, and Grand Isle Counties) in 10<sup>th</sup> – 12<sup>th</sup> grades who are interested in exploring an array of health care career opportunities, strengthen the skills needed for a health care career, and explore resources for health career development. Participants will receive training necessary in order to job shadow, presentations on different health careers, college selection and/or the admission process, and more. Students will do one 2.5 hour job shadow with a health care professional.

## When and Where Does *Shadow Day* happen?

- October 21, 2010 Northwestern Medical Center, St. Albans, Vermont (Franklin County students)
- October 22, 2010 Porter Medical Center, Middlebury, Vermont (Addison County students)
- April 22, 2011 Fletcher Allen Health Care, Burlington, Vermont (Chittenden County students)

## Eligible Students are/do:

- Currently in grades 10 – 12
- Living or attending school in the eligible county for each program/location listed above
- Available to attend the entire program (usually 7:15 am – 3:15 pm)
- Interested in exploring multiple careers in the health care field
- Enjoy problem solving, using the newest technologies and/or relating to people
- Concerned about today's health issues
- Able to interact maturely, respectfully, and professionally with peers and adults
- Considering a career in one of the many health care careers
- Would like to learn more about career and college development/planning



Champlaine Valley Area Health Education Center  
152 Fairfield St., St. Albans, VT 05478  
(802) 527-1474

[www.cvahec.org](http://www.cvahec.org)  
[www.vthealthcareers.org](http://www.vthealthcareers.org)

## How do you Apply?

- Download an application from Champlain Valley AHEC's website, [www.cvahec.org](http://www.cvahec.org) or see your school guidance counselor, career counselor, or science teacher.
- Complete the application (typed or in ink), which means all questions are fully answered. Incomplete applications will not be considered for participation. Completed applications should be mailed to: Champlain Valley AHEC, 152 Fairfield St., St. Albans, VT 05478.
- Have a school professional that knows you well complete the recommendation and mail or fax it (802-527-1632) to Champlain Valley AHEC.
- Applications should be done thoughtfully and to best of one's ability as it can be a competitive program to get in to; depending on the number of applicants and program capacity.
- Applications and the recommendation form must arrive on or before the deadline (see application form). Applications post-marked on the deadline date will NOT be accepted.
- Program staff at Champlain Valley AHEC will review the applications and choose the students best suited for the program. Students will know of their acceptance a couple of weeks after the application deadline (specific date will be noted on the application).

## What is the Cost?

- If selected, there is a \$25 fee to participate. Checks should be made payable to Champlain Valley AHEC. Snacks and lunch are provided.
- Students are responsible for transportation to and from the program.

## Other information about the program:

- This is an exploration program designed to open student's eyes to the array or diversity of health care careers available. If a student is set on one particular career this may not be the program for them as there will be presentations on different careers and a shadow cannot be promised in a specific area. Being open minded is important.
- Students will be required to dress professionally for the day (dress pants, dress shirts, ties, dress blouses, and comfortable closed toe shoes).
- Champlain Valley AHEC will do follow-up with the students after the program to see if there are additional areas students would like to learn more about. Additional job shadows might be able to be arranged. Other resources to help with career and college exploration may be sent to help students on their path. Follow-up will again be done upon the student's high school graduation.

## More Questions?

Go to Champlain Valley AHEC's website, [www.cvahec.org](http://www.cvahec.org) or contact Elizabeth Zinno Ratta, Program Coordinator, [ezinno@cvahec.org](mailto:ezinno@cvahec.org) or (802) 527-1474 x14.



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