




Job Shadowing

- Gain real-world information and advice on areas of interest
- Help you to gain confidence in speaking about your career aspirations
- Help you meet others who are in job functions that interest you
- Build contacts





Expand your career
exploration to an
all **new level**



Best Practices of Job Shadowing

- Approach the person you want to shadow in a thoughtful way
- Prepare your questions in advance
- Keep notes
- Reflect on the experience



Types of Job Shadowing

- Use any of these 3 types during your job shadow experience:
- Observation
- Hands-on
- Recurring



Action Plan

1. Update the “Job Shadowing”
section of your Career
Blueprint
2. Identify 3-5 individuals who
are good candidates to
shadow
3. Determine the type of
shadowing you prefer to
explore with each