

JOB SHADOWING

Duration: 8 hours or 13 hours

Permission slip will be provided

Round-Trip Transportation and Lunch will be provided

Purpose: One of the best ways to determine if a career is a good match is to spend a day “shadowing” a person in that career. Students will be able to shadow an adult for some of a work day to observe not only job characteristics and responsibilities, but also what their job requires on a day-to-day basis. The students will interact with staff and other professionals to get a sense of what it is like on the job. Students will establish valuable networking opportunities that could lead to potential internships.

Note: Students should complete a career interest inventory prior to participating in a job shadow experience.

Session Content:

1. Prior to the Job Shadowing day, the student will participate in activities that prepare them for the visit. These activities will explain what job shadowing is, expectations, and discussing appropriate career information questions to ask. (2 hour)
2. On job shadow day, the student will spend approximately 5-10 hours “shadowing” the designated host and asking questions about their occupation. However, a job shadow mostly involves listening and observing. They may often give students the chance to perform simple job duties. (5- 10 hours)
3. After the site visit, the student will participate in post activities to reinforce and share what they learned. They will also be required to complete a job shadow student feedback form and thank you letter. (1 hour)

Outcome:

- Student will experience a day(s) in a workplace.
- Student meet with professionals and gain real-world insights into jobs and careers.
- Student will be given a task to be completed during job shadow.

Job Shadowing Opportunities are available with companies in the following Career Pathways:

Arts and Communication

Health Sciences

Business, Management, Marketing, and Technology

Natural Resources and Agri-science

Human Services

Engineering/Manufacturing and Industrial Technology