

Student Name: School Name: Worksite Name/Person Shadowed: Date of Job Shadow: Total Number of Hours on Job Shadow:
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Student Job Shadow Reflection

Directions: Using the template below, write a one to two page reflection about your job shadow.

Paragraph 1 – The Worksite

- What department(s) area(s) did you shadow?
- What type of work did you observe?
- What safety aspects and considerations were you shown at your job shadow?
- Describe the working environment (clean, loud, fun, lots of people, atmosphere etc.)
- How did you feel while in this environment (comfortable, uneasy, liked it, didn't like it –why?)

Paragraph 2 – Likes and Dislikes

- From your perspective (your interests, abilities, and goals) identify aspects that were positive and negative.
- What did you like about the job shadow and why?
- What did you dislike about the job shadow and why?

Paragraph 3 - Expectations

- What ideas and expectations did you have about this job and career pathway prior to going on the job shadow?
- What surprises were there on the job shadow?
- If you had more time, what would you like to have seen, done, and/or learned?

Paragraph 4 – Education and Skills

- What classes at your school do you plan to take or have you taken that tie in with your job shadow experience, and how?
- What type of post-secondary education is needed for this career?
- What type of skills are needed?
- What would you need to do to acquire the education and skills needed if you do not presently have them? Is this something that would interest you?

Paragraph 5 – Relevance

- In reality, how did the company and the career you observed fit into your education and career plans? How do they differ?
- What do you think was the most important thing you learned from your experience?
- Would you consider a career path in this career? Why or why not?