

## JOB SHADOW STUDENT REFLECTION FORM

Student: \_\_\_\_\_ Job Site: \_\_\_\_\_

Dates of Job Shadow: \_\_\_\_\_ Department: \_\_\_\_\_

Total Number of Hours of Job Shadow: \_\_\_\_\_

Person(s) Shadowed: \_\_\_\_\_

1. Describe the department/work site you visited:
2. What type of work activities did you observe?
3. What did you like best about your experience?
4. What did you like least about your experience?
5. What surprised you most about what you observed, heard, did, or learned?
6. What do you think was the most important thing you learned?
7. If you wanted to work in the department/work site you visited, what might you do to prepare in the next five years (both in high school and afterwards)?
8. Would you consider a career in the type of industry in which you job shadowed? Why or why not?
9. From your perspective, identify aspects of the job that were positive and negative:
10. Did the job shadowing experience influence your career choice/goals? How?