



JOB SHADOW STUDENT REFLECTION FORM

PA Career Standard 13.1.11: Career Awareness and Preparation: D:

I can participate in and evaluate school-based opportunities for career awareness/preparation.

Student: _____ Company: _____

Date of Job Shadow: _____ Location: _____

Total Number of Hours on Job Shadow: _____ (recommend at least 5 hours)

Adult who was shadowed: _____

1. Describe the department/work site you visited:
2. What type of work activities did you observe during your job shadowing experience?
3. What did you like best about your job shadowing experience?
4. What did you like least about your job shadowing experience?
5. What surprised you most about what you observed, heard, did, or learned?
6. 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?
7. Would you consider a career in the type of industry in which you job shadowed? Why or why not?
8. From your perspective (your interests, abilities, and goals) identify aspects of the job that were:
Positive:

Negative:
9. Did the job shadowing experience influence your career choice/goals?
How?