

## Job Shadowing Student Reflection Worksheet

Now that you have completed your job shadow, take some time reflect on what you experienced and how the job shadow might inform your college and career plans in the future.

Student Name:

College:

Job Shadow Host Company:

Date of Job Shadow:

What aspects of the job shadow were interesting? Which were not? Why?

What did you like about the workplace you visited? What would you change?

Would you consider a career in this field? Why or why not?

What was the most memorable aspect of your job shadowing experience? Why?

What did you learn about the company and its employees? Please explain.

How did the people at the workplace treat one another? Please explain.

Describe ways that technology is used at the workplace you visited.

If you wanted to work in the department/workplace that you visited, what might you do to prepare in the next five years, both in college and afterwards?

What knowledge and skills are you learning in school that are used in the workplace you visited? Please explain.

What knowledge or skills do you need to strengthen to be successful at this workplace? Please explain.

Would you recommend that other students tour this workplace in the future? Circle one and explain.

Anything else you'd like to say about your job shadowing experience?

Adapted from original material created by NAF. Used with permission.