

Student Reflection Form – Job Shadow

Please use complete sentences in your responses.

1. Describe the environment(s) in which you spent your time.
2. What type of activities did you observe during your experience?
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 and/or learned?
6. If you wanted to work in the department you visited, what might you do to prepare in the next five years?
7. Describe two pieces of equipment and how they are used by your Workplace Host.
8. Make a note of at least two job characteristics about which you inquired or researched; schedule, education/experience, work conditions, leisure time, hours per week, job outlook, etc.
9. List two or more current school subjects that would help you in this field.
10. How much contact would you have with people in this situation? Which problem solving skills would be helpful to employ; organization, communication, creative thinking, making decisions, analyzing problems.