

Job Shadowing Learner¹⁰ Reflection

Now that the job shadowing is over, take some time reflect on what you learned and how the experience might inform your college and career plans in the future.

Learner Name:

School:

Host Company:

Date of Shadowing:

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

What did you like about the job shadowing? What would you change?

Would you consider a career in the host company's field? Why or why not?

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

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

¹⁰ Learners include: K-12, community college and college students; youth and young adults engaged in workforce development programs; and adults participating in career development activities

What knowledge and skills are you learning in school that would likely be used at the host company? Please explain.

What knowledge or skills do you need to strengthen to be successful at a workplace like the host company's? Please explain.

Would you recommend that other learners have a job shadowing experience? Explain.

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

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