

# Shadowing

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## *Why shadow a professional in their workplace?*

“About 80% of college students switch their majors [and] the average student changes majors 3.5 times.”<sup>1</sup> Participating in Shadowing experiences throughout middle school and high school may help students plan their path. Job shadowing gives middle schools an early look into a career or occupation they may want to pursue in the future; they may also find that the profession is not a fit after all. This early exposure to professional work environments can even help in high school course planning, especially in selecting electives. Overall, students observe and self-reflect to better understand their own personal strengths, interests and passions.



## *What are the Specifics?*

Seventh grade students are required to shadow for a half day while 8<sup>th</sup> grade students are asked to shadow a full day or two half days. High School shadowing for 8<sup>th</sup> graders is still an option, yet many high schools in the CCSD no longer allow students to shadow. Parents/guardians are crucial to the success of this experience.

## *What steps should the student follow?*

1. Meet with your Connections teacher to go over the form and fully understand what is expected.
2. With the help of your Connections teacher and parents/guardians, brainstorm student interests and potential fields and professions. Research potential opportunities in the community; family friends and other Challenge school parents are often great sources for meaningful shadowing experiences. Complete the “Preparing to Shadow” form.
3. Contact the person who the student is planning to shadow and complete the arrangements for the shadowing. This includes the “Shadowing Sign-Out Form” with the signatures from all the student’s teachers and parents/guardian. Please turn it in at least three days before the Shadowing experience. At the end of the Shadowing experience, please have the professional sign the form under “verification signature.”
4. Conscientiously fulfill the shadowing experience.
5. Complete the “Shadowing Experience Reflection Paper” and turn it in to your Connections teacher by \_\_\_\_\_.

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<sup>1</sup> “Wise Words: Job Shadowing,” *Potential Helping Teens Achieve*, <http://potentialmagazine.com/college-admissions/resumecareer/wise-words-job-shadowing/>. Accessed 12 August 2017.

# Preparing to Shadow

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Name and profession/career of the person you will shadow: \_\_\_\_\_

\*If you plan to shadow two different professionals or organizations, please include a write up for both.

My rationale for this experience: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Questions to ask as I do my shadowing:

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What I hope to gain from this experience: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

# Sign-Out Form

I, \_\_\_\_\_, am planning my Shadowing experience to occur on \_\_\_\_\_ in order to fulfill my shadowing requirements. My teachers whose classes will be affected have been notified and given their approval with their signature. Also, I have included my parent's/guardian's signature showing support for this experience.

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Period	Class Title	Signature
Connections		

## *Now what?*

**To the student:** After you have this form completed with appropriate signatures, please turn it in to your Connections teacher no later than three days prior to shadowing.

**To the Parent/Guardian:** Once the shadowing date(s) has been established, please call the Attendance line, 720.747.2195, and leave a message stating the name and grade of the student and the time(s) s/he will be out for shadowing. Please be sure to say your student is "Shadowing" so s/he will NOT be considered unexcused.

**To the Connections Teacher:** Please follow up with the student, checking that he/she talked with his/her teachers for the upcoming absence.

# Reflection

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Please answer the REFLECTION questions in complete sentences and be specific!

1. Describe your overall Shadowing experience(s).

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2. What were some of the answers to your questions?

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3. What was the best aspect of your experience?

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4. How does did this experience(s) possibly shape your future career path? Explain.

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