

Tool 10: Job shadow reflection form

Name learner
Job site
Dates of Job Shadow
Person(s) shadowed

1. Why did you want to job shadow?

.....
.....
.....
.....

2. Describe the work activities and work environment of the profession you shadowed.

.....
.....
.....
.....

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 this career area / job work site?

.....
.....
.....
.....

6. What was the most important thing you learned from your Job Shadowing experience?

.....
.....
.....
.....

7. Would you consider a career in the type of industry in which you job shadowed? Why or why not?

.....
.....
.....
.....

8. Did the job shadowing experience influence your career choice / goals?

.....
.....
.....
.....