Career Services Meeting Worksheet: Where can I job shadow?

This worksheet will help you visualize the job shadow you want. Complete this section before your meeting with Career Services.

Potential career interests?

________________________________________

________________________________________

________________________________________

Industries, companies, or orgs. of interest?

________________________________________

________________________________________

________________________________________

Potential towns, cities, or state?

________________________________________

________________________________________

________________________________________

Potential dates and times?

________________________________________

________________________________________

________________________________________

Specific things you want to experience?

________________________________________

________________________________________

________________________________________

Specific things you do not want?

________________________________________

________________________________________

________________________________________

Job Shadow Recommendations. Complete this section at your Career Services meeting.

1. Who to contact: _______________________  2. _______________________  3. _______________________

Who they work: ________________________  2. ________________________  3. ________________________

How to contact: ________________________  2. ________________________  3. ________________________
## Job Shadow Reflection and Comparison

Complete this form after your job shadow. Bring to your advising appointment.

<table>
<thead>
<tr>
<th>Work tasks and activities</th>
<th>Job Shadow 1:</th>
<th>Job Shadow 2:</th>
<th>Job Shadow 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work environment and conditions</td>
<td></td>
<td></td>
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<tr>
<td>Education / training needed</td>
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<td>Job outlook</td>
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<tr>
<td>Earning Potential</td>
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<td></td>
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<tr>
<td>Related majors</td>
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<tr>
<td>Related occupations</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>What I like about this occupation</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>What I dislike about this occupation</td>
<td></td>
<td></td>
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<tr>
<td>Other Info I still need?</td>
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<tr>
<td>At this time, does this career match my skills, and is it a good fit for me?</td>
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</tbody>
</table>