



## **REFLECTIVE ESSAY**

### **Job Shadowing Experience**

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Create an essay summarizing your experience at your job-shadowing visitation. This essay should be an assessment of the value of your visitation and will be completed after your job shadowing experience. Please explain how this experience has impacted you and future plans regarding a career and what changes (if any) you may consider making in your career plans as a result of this experience. Format: Include a heading, single space the body so it fits on one page; double space between paragraphs.

Below is a list of questions you may respond to in an effort to evaluate the effectiveness of your job shadowing experience.

1. Where did you go for this job shadowing experience? Did any other students go with you? What was your job shadow host's name? What types of careers did you observe?
2. Explain a typical day for your job shadow host. What job tasks do they usually complete? When they have problems, who helps them, or where do they turn for answers? What type of working environment does your host have? Explain the activities you observed during the job shadow.
3. As a result of this job shadowing, are you still interested in this career? Identify and explain what was the most interesting or meaningful part of the job shadowing experience. What did you enjoy the most and the least about this particular occupation? Would you enjoy working in this type of working environment? Give at least two reasons to explain why you would still like to enter this career or why you no longer wish to pursue employment in this career area.
4. What do you have to do to prepare for this type of career? What education or training do you need? How long will it take to complete your education before you can gain an entry-level position? Look up information online at the Occupational Outlook Handbook ([www.bls.gov/ooh](http://www.bls.gov/ooh)) to find information for this paragraph. Also refer to your interview form.
5. Access the Occupational Outlook web site at <http://www.bls.gov/ooh> to gain information on wages and employment outlook of this career. Be sure to state your findings in your essay. What is the job outlook for the future of this position? Will this job be growing or declining five years from now? Further, discuss the income and benefits/insurance for this type of position. Refer to your host's response on the interview form. Does this income/benefit package meet the needs for how you view yourself in the future? Why or why not?

Your essay will be turned into the counseling department and kept on file. It is recommended that you use a peer editor and an adult.

It is important to do your personal best on this essay, as it will go into your career file in the high school office.