

# Pleasant High School Job Shadow Request Form

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Occupation to be visited: \_\_\_\_\_

Date of Visit: \_\_\_\_\_

Job Shadow Day \_\_\_ of 2

The following regulations apply:

- 1) Job Shadow days are requested by freshmen and sophomores.
- 2) Students will take no more than 2 career days per year.
- 3) Students will make arrangements with all teachers regarding missed work.
- 4) Students will need each classroom teacher's signature to have request approved.

Period 1 \_\_\_\_\_ Period 7 \_\_\_\_\_

Period 2 \_\_\_\_\_ Period 8 \_\_\_\_\_

Period 3 \_\_\_\_\_ Period 9 \_\_\_\_\_

Period 4 \_\_\_\_\_ Period 10 \_\_\_\_\_

Period 5/6 \_\_\_\_\_

- 5) This form must be returned and approved by the guidance office at least one day prior to the career visit.
- 6) Students must meet all requirements of the establishment allowing them to job shadow. Failure to do so may result in the repeal of additional job shadowing days.
- 7) Students must have transportation to and from the job shadowing establishment.

I have read the regulations and understand my responsibilities for using a Job Shadow day.

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

I have read the regulations and my child has permission to attend a Job Shadow day. I understand that Pleasant HS does not provide transportation for this event.

Parent Signature: \_\_\_\_\_

School Counselor Signature: \_\_\_\_\_ Date Received: \_\_\_\_\_

# Job Shadow Reflection Questions

Please consider the following questions upon completion of your job shadowing experience.

- 1) Why are you interested in this occupation?
- 2) Based on your visit, what did you learn about this occupation that was new to you?
- 3) Name one thing that excites you and one thing that concerns you about this occupation.
- 4) What kind of education (college degree, training, etc) is required to obtain this job?
- 5) Based on your visit, do you feel like this is an occupation that you will pursue? Why or why not?
- 6) If you answered yes to #5, what classes can you take in high school to better prepare you? If you answered no to #5, name two other occupations you would like to explore.