

## Senior Job Shadowing Day

At Arundel High School, we know that our students' educational experiences will become more relevant and rigorous through real-world opportunities that can be provided beyond the school walls. That is why on October 13, 2010 while the underclassmen are taking the PSAT all seniors will be given the opportunity to participate in a Senior Job Shadowing Day.

A job shadow is a structured career activity where a student follows an employee at a company location to learn about a particular occupation or industry. The purpose of job shadowing is to help students explore a range of career options. For this to be a meaningful experience, students should shadow someone (**other than their parents or someone where they currently work**) in their career path interest area. The employee who is hosting the student is called an adult mentor. The student experiences a one-on-one relationship with an adult mentor observing activities and gaining valuable information about their chosen career.

Job shadowing helps students accomplish the following:

- Gain information about possible future career interests.
- Observe the daily routine of their adult mentor.
- Observe the system of the Host Company or Business.
- Gain an insight of the academic, technical, and personal skills required by a particular occupation.
- Gain an understanding of the connection between school and work.
- Gain information to assist students in goal setting and educational planning.

It is our hope that this will be a valuable learning experience that will help show the connection between school and the career world. Please discuss this opportunity with your son or daughter and work with them to gain a Job Shadowing Mentor. Any senior that chooses not to participate in this program will be given an alternate activity to do during that time.