



Quick Tips: Job Shadowing

BASIC TIPS:

- Job shadowing is an opportunity for a job seeker to observe and follow a professional in a work environment for a day (or longer) to learn about a specific job and industry to better understand that career path and determine if it's a good fit.
- Learning about another industry from the people who are actually doing the work also gives you the opportunity to build your networking skills.
- If you aren't sure what career path you want to pursue, job shadowing is one way to explore various fields and gain an inside look at what it might be like to work in a particular industry.
- When you're job shadowing someone in your field of interest, take advantage of the opportunity to meet new people and ask questions. The people you connect with while job shadowing may be able to help open doors for you to new career opportunities.

