

Job Shadow Experience Form

Exercise Science Program

Job shadow experiences give students a first-hand look at careers they may pursue after graduation. Students are instructed to “shadow” a person in their field for one working day (around 8 hours). All job shadow experiences must be pre-approved by the student’s academic advisor. Interviews and/or facility tours are not considered job shadow experiences.

Student Name: _____

Site Name: _____

Site Address: _____

Site Phone: _____

Person Shadowed: _____

Job Title: _____

Signature of Person Shadowed: _____ Date: _____

Signature of Student: _____ Date: _____

Signature of Advisor: _____ Date: _____

Students should include a one-page typed (double spaced, 12 point font, one inch margins) description of their job shadow experience with this form. This description should include (1) activities that you (and/or the person you shadowed) engaged in, (2) your overall impression of the experience, and (3) how interested are you in pursuing this type of position after graduation.

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