



## SAMPLE: Job Shadow Participant Reflection and Evaluation

Participant Name: \_\_\_\_\_

School/Grade (if applicable): \_\_\_\_\_

Date of Job Shadow: \_\_\_\_\_

Host Company/Organization: \_\_\_\_\_

Job Shadow Host/Supervisor: \_\_\_\_\_

### 1. Your Experience

1. What interested you most about this job shadow opportunity?

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2. What activities or tasks did you observe or participate in?

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3. Which parts of the experience did you enjoy the most, and why?

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4. Was there anything that surprised you about the job or workplace?

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### 2. Learning & Career Insights

1. What skills or knowledge did you learn during your job shadow? (examples; communication, problem-solving, teamwork, technical skills, customer service etc.)

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2. Did this experience help you better understand the career or industry?

- Yes
- Somewhat

- Not really

Explain: \_\_\_\_\_

3. After completing the job shadow, how interested are you in this career pathway?

- Very interested
- Somewhat interested
- Not interested
- Unsure

Why? \_\_\_\_\_

4. What questions do you still have about this career or industry?

\_\_\_\_\_  
\_\_\_\_\_

### 3. Job Shadow Environment

1. Did you feel welcomed and included by the staff?

- Yes
- Mostly
- Not really

Comments: \_\_\_\_\_

2. Was the schedule or structure of the day easy to follow?

- Yes
- Mostly
- At times
- No

Explain: \_\_\_\_\_

3. Did you feel comfortable asking questions?

- Yes
- Somewhat
- No

Why or why not? \_\_\_\_\_

### 4. Program Improvement

1. What could be improved to make this job shadow more helpful for participants?

\_\_\_\_\_  
\_\_\_\_\_

2. Are there activities you wish you could have seen or tried?

\_\_\_\_\_

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3. Were there any challenges you faced during the day (transportation, communication, schedule, etc.)?

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## 5. Overall Experience

1. How would you rate your overall job shadow experience?

- Excellent
- Good
- Fair
- Poor

2. Would you recommend this job shadow to other students?

- Yes
- Maybe
- No

Explain: \_\_\_\_\_

3. Please share any other comments, feedback, or suggestions.

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