Job Shadowing allows you to get an up-close look at a career, company, or even an industry that interests you. You "shadow" a working professional as s/he goes through a normal day on the job. Job shadowing may last a couple of hours, a half day, or an entire day. Opportunities can be found informally through networking or more formally through a Job Shadow Program (as offered by Career Services) and informational interviews.

Many companies are happy to provide a one-day job shadow experience for students. This often includes touring the facilities, sitting in on meetings, and talking with key people about their responsibilities in the organization. You should treat a job shadow as you would an interview: dress appropriately (professional attire), be on your best behavior, and be prepared! Make sure you have researched the company and industry, and that your questions for your host are suitable for that position and organization.

Be Career Smart! Discover if a certain job or career might be right for you! Participate in a Job Shadow this spring or summer! It’s a great first step toward a rewarding and successful career!