

# School Shadow Guidelines by Jed Baker: A Comprehensive Guide for Students



## School Shadow Guidelines by Jed Baker

★★★★☆ 4.3 out of 5

Language : English

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Shadowing is an invaluable experience for students of all ages. It provides them with the opportunity to observe firsthand what a particular career is like and gain insights into the day-to-day operations of a workplace. Shadowing can also help students develop their communication, interpersonal, and problem-solving skills.

However, to get the most out of a shadowing experience, it is important to follow some guidelines. These guidelines will help students make a good impression, learn as much as possible, and avoid any potential problems.

The following school shadow guidelines were developed by Jed Baker, a career counselor and author of the book *The Shadow Program: A Guide for Students*. These guidelines are designed to help students get the most out of their shadowing experience.

## Before the Shadowing

1. **Choose a job that interests you.** This is important because you will be spending a lot of time with the person you are shadowing. You want to make sure you are interested in what they do. 2. **Contact the person you want to shadow.** You can do this by phone, email, or through a mutual connection. Be sure to be polite and professional in your communication. 3. **Set up a time to shadow.** Once you have contacted the person you want to shadow, you will need to set up a time to do so. Be sure to be flexible and work with the person's schedule. 4. **Prepare for your shadowing experience.** This means doing some research on the person you will be shadowing and the company where they work. You should also dress appropriately and be on time for your appointment.

### **During the Shadowing**

1. **Be respectful.** Remember that you are a guest in the workplace. Be respectful of the people you are shadowing and their time. 2. **Be engaged.** Ask questions, take notes, and participate in the activities of the workplace. 3. **Be professional.** Dress appropriately, be on time, and behave in a respectful manner. 4. **Follow instructions.** The person you are shadowing will likely give you instructions throughout the day. Be sure to follow these instructions carefully. 5. **Have fun!** Shadowing is a great opportunity to learn about a new career and meet new people. Enjoy the experience and make the most of it.

### **After the Shadowing**

1. **Thank the person you shadowed.** Be sure to thank the person you shadowed for their time and for sharing their experience with you. 2. **Reflect on your experience.** Take some time to reflect on what you learned during your shadowing experience. What did you enjoy most?

What did you find most challenging? What did you learn about yourself and your career goals? 3. **Follow up.** If you are interested in pursuing a career in the field you shadowed, be sure to follow up with the person you shadowed. You can thank them again for their time, ask for their advice, or let them know if you have any questions.

By following these school shadow guidelines, students can get the most out of their shadowing experience. They can learn about a new career, develop their skills, and make a positive impression on the people they meet.



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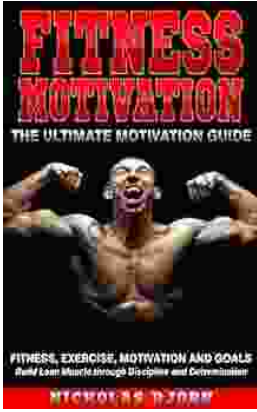
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