Job-Shadowing Reflection

CFANS Mentor Program 2015-16

Instructions: Write a reflection on your experience job-shadowing your mentor. How did the job-shadow impact your career goals? Did it confirm your interest in the industry/field? Did it make you rethink your perceptions of this type of work? Did anything about the experience surprise you?

Submit your reflection (at least 1 page, double-spaced) to cfansaro@umn.edu by May 16th, 2016.

Suggestions:
- Prior to the job-shadow, discuss dress code, appropriate behavior in that particular workplace, and the events/activities you will participate in.
  - Talk about what you would like to accomplish at the job-shadow.
- Bring a pad of paper and a writing utensil and take notes
- Make observations about the physical work environment as well as the culture of the work environment
- Ask questions, i.e.:
  - What kind of training did your work provide?
  - Who do you work with most closely? What is it like to have a small unit/large unit/to be the manager/to work under a manager?
  - What are your typical hours?
  - How do you balance your work and personal life?
  - How did you find this job?
  - What work do you do on your own and what type of work do you do in collaboration with others?
  - Etc.

Enjoy your job-shadow!

College of Food, Agricultural and Natural Resource Sciences

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