



Job Shadowing

Helps Young People Explore the Career They Want to Pursue!

A “Job Shadow” is a career exploration activity in which students spend several hours or more at a workplace following and observing an employee through their work day.

In Berkshire County, many schools participate in “Groundhog Job Shadow Day” on the 2nd of February, but job shadow opportunities continue all spring long! During January and February 2020, students from **Hoosac Valley, Mt. Greylock, BART, Wahconah, Lenox, Lee, and Mt. Everett** visited job sites.

Benefits and Importance of Job Shadowing:

The chance to ask questions of employees, such as:

- What made you choose this career? Favorite and least favorite aspects of the job?
- What education do you need to become employed in this field?
- Do you have advice for someone interested in this field?

Hands-on experience: Not only are students able to observe how tasks are completed, but they may also get to participate in a hands-on part of the job. This may inspire or deter someone from pursuing that particular career path further!

Networking: Job shadowing is a great way to meet people in the field, who may go on to become mentors or provide a recommendation.

Marley Knysh, Teacher at Hoosac Valley, had this to say about job shadow day this year:
“I truly believe the students benefited from venturing out into the workforce for the day. Hoosac Valley collectively had 12 students participate this year in our Groundhog Job Shadow Day, shadowing 11 different businesses/offices throughout Berkshire County. The jobs ranged from finance, to education, to even hospitality and graphic design. The feedback from our students was amazing, and motivating to create more events like these to come! Even more so- students truly grasped how important their education is to fulfill their future career dreams.”

One lucky Hoosac Valley student had a particular special job shadow experience with the Boston Celtics! She is interested in Sports Management as a future career.





Mount Greylock Regional High School also participated in Groundhog Job Shadow Day, with 35 students who have already gone out for their job shadow! More students will be participating throughout the spring.

Here's what Lisa Mendel, Teacher at Mount Greylock had to say about job shadows:

“Job shadowing is an incredibly important opportunity for students in high school. They are given the opportunity to “try out” a job for a day to see if it is something they enjoy. Many times students have an idea of what the job will be like in their head and the reality is something quite different. The connections the students are able to make and networking is also really important. Several times over the years I've been doing job shadows with students, they have reconnected with their mentors for the day and have worked for them in later years.”



Pictured: Mt. Greylock students shadow Lanesborough Police Department and the Greylock Canine Club in Williamstown.

Another impressive example of job shadowing is through the **BFAIR PreETS Program**, which is a work readiness program for students looking to learn more about the workforce. **BFAIR** is a national and state accredited human service agency responsive to the unique needs of people with disabilities and their families. (www.bfair.org)

