



Preparing for a Job Shadow Program

Lesson Plan



DESCRIPTION & GOALS

This plan introduces middle school students to job shadowing and its benefits. It discusses the benefits of participation, tips for preparing, and includes an activity for practicing interview questions.

OBJECTIVES

- Define what a job shadow program is and explain its purpose.
- Identify the benefits of participating in a job shadow program.
- Describe the steps to prepare for a job shadow experience.
- Practice effective communication skills for interacting with professionals during the job shadow.

PREPARATION & MATERIALS

Essential Materials

- Whiteboard and markers
- Projector or screen for multimedia presentation
- Computer with internet access
- Portland Public Schools job shadow guide:
https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4443/PPS_jobshadows.pdf
- Handouts: Preparing for Your Job Shadow – Interview Questions
- Job Shadow Program Quick Start Guide



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PROCEDURES

Introduction | What is job shadowing and what are its benefits? (10 minutes):

Teacher:

- Explain the concept of a job shadow program (see Job Shadow: Quick Start Guide)
- Share lesson objectives.
- Discuss the benefits of participating in a job shadow program.
 - Exposure to professional environments; insights into daily tasks and responsibilities; opportunity to ask questions and learn from professionals; networking and building connections.

Multimedia Presentation | Steps to Prepare for a Job Shadow | 10 minutes

Teacher:

- Show a multimedia presentation explaining the steps to prepare for a job shadow:
 - Research different careers and identify professionals to shadow; reach out to professionals to request a job shadow opportunity; develop a list of thoughtful questions to ask; confirm the date, time, and location of the job shadow; obtain necessary permissions from families or caregivers and school; dress intentionally; arrive punctually.
- Discuss the importance of effective communication during a job shadow:
 - Listen actively; ask thoughtful questions; maintain intentional body language; express gratitude for the experience.



OUTLINE

Groups of 2-3 | Mock Interview | 20 minutes

Teacher:

- Divide students into pairs.
- Provide each pair with a set of sample interview questions.
- Have one student play the role of a professional and the other as a student preparing for a job shadow.



THINK-PAIR-SHARE

Reflection, Discussion, & Conclusion | 10 minutes

Teacher:

- Summarize the key points.
- Discuss students' concerns or questions about participating in a job shadow program.
- Emphasize job shadowing as a valuable way to explore careers and make informed decisions.

ASSESSMENT IDEAS

Ticket out the door:

- Describing: Students fill out a 3x5 card describing at least three benefits of participating in a job shadow.
- Ranking & Reasoning: Students choose three questions from the interview, rank them in order of importance, and explain their reasoning.



Preparing for a Job Shadow Program Standards



RELATED ASCA STANDARDS

American School Counselor Association Standards

Mindset

- M4. Self-confidence in ability to succeed
- M5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

Learning Strategies

- B-LS7. Long- and short-term academic, career and social/emotional goals
- B-LS8. Engagement in challenging coursework

Self-Management Skills

- B-SMS5: Perseverance to achieve long- and short-term goals

Social-Emotional Skills

- B-SS1: Effective oral and written communication skills and listening skills
- B-SS7. Leadership and teamwork skills to work effectively in diverse groups

SIMPLIFIED OARS

Oregon Administrative Rules, Division 22*

- Students should develop an education plan that identifies personal and career interests, tentative educational and career goals, and post-high school next steps. (581-022-2000: 6a)
- Students should design, monitor, and adjust a course of study that meets their interests and goals. (581-022-2000: 6a,D)
- Students should monitor and track progress toward standards, including content standards, essential skills, and extended application standards. (581-022-2000: 6b,A)
- Students must participate in career-related learning experiences outlined in the education plan. (581-022-2000: 8)
- School districts must provide a coordinated comprehensive school counseling program that includes career-related learning standards and career education as part of their K-12 instructional program to support the academic, career, social-emotional, and community involvement development of each and every student. (OAR 581-022-2030: 2d,e; 581-022-2055; 581-022-2060, 1a)

For the original text of the Oregon Administrative Rules, **follow this link. For your convenience, a simplified version with five statements and references to the corresponding OAR text are posted above.*



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Activities



MAKE IT VISUAL! MAKE IT COOPERATIVE! MAKE IT FUN!

The following graphic organizers and cooperative learning strategies engage different learning styles by encouraging visual organization, movement, and interpersonal cooperation. Employ these strategies to enhance students' learning!

GRAPHIC ORGANIZERS



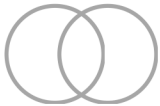
OUTLINE



MIND MAP



KWL CHART



VENN DIAGRAM



STORYBOARD

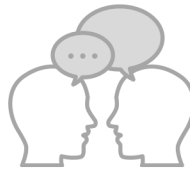


CHARTS



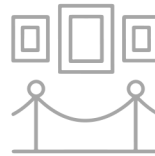
TIMELINE

COOPERATIVE LEARNING STRATEGIES



THINK-PAIR-SHARE

Students think, talk with peers, then share with the class.



GALLERY WALK

Students walk around the room reflecting on one another's posted work.



3 STAY - 1 STRAY

One member from each group visits other groups, acting as a reporter and exchanging information.



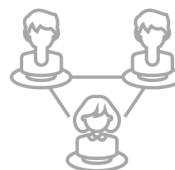
FOUR CORNERS

Students self-sort, moving near statements posted in the room they agree with and discuss reactions.



JIGSAW

Groups become "experts" in one aspect of a learning objective.



NUMBERED HEADS TOGETHER

Students in groups collaborate to ensure mutual understanding, each prepared to answer a question tied to their assigned number.

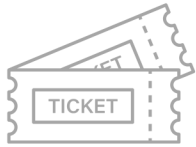


Preparing for a Job Shadow Program Assessments



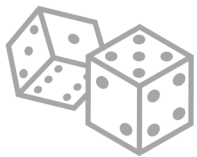
QUICK REFERENCE ASSESSMENTS

Varying assessments can keep your lessons fun and engaging while ensuring they meet your lesson's objectives. The following assessments offer different ways to assess students. Choose assessments that best match your circumstances.



EXIT TICKET

Students respond to a prompt or question on a 3x5 card or slip of paper before leaving class.



INTERACTIVE GAMES

Students play an analog or digital game that tests their learning competitively or cooperatively.



MULTIMEDIA PROJECT

Students create slide decks, videos, posters, drawings, diagrams, how-to guides, and mini publications.



QUIZZES

True or false, multiple choice, short answer, thumbs up or down, and verbal responses are all ways to quickly assess student learning.



WRITTEN RESPONSES

Short essays (descriptive, narrative, persuasive), poems, advertisements, menus, and speeches are all useful ways to show learning.



DISCUSSION

Small group, individual, and whole-class Socratic seminars help students stay engaged and practice reasoning skills.



ORAL PRESENTATIONS

Try planned or impromptu oral presentations. Students can develop these in groups or on their own.



POLLS

Hands, fingers, thumbs, and pen and paper are great for analog polls. Digital polls are convenient for tallying results quickly.



RANKING ACTIVITIES

Students rank items and explain their reasoning. A great way to measure critical thinking skills.



OBSERVATION

This can include both teacher and student perspectives, along with student self-reflection and peer feedback



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Exit Tickets



EXIT TICKET IDEAS

Formative assessments can help students build confidence and critical thinking skills, while providing teachers with real-time feedback they can use to enhance further instruction. Modify these exit ticket suggestions to best suit your classroom!



SIGHT

- **Draw an emoji** of your emotional response to the lesson. Write about how it relates to what you learned.
- **Take a selfie** of an expression reacting to something you learned and share it!
- **Draw a visual summary** of images that narrate the lesson. This could be a comic strip or an infographic.
- **Recall a movie scene** that relates to the lesson and explain why.
- **Label a line graph** with peaks and valleys describing how you and other students engaged with the lesson.



SOUND

- **Think of song lyrics** that describe something you learned and explain your reasoning.
- **Listen to a brief audio clip** (music, quote, sounds) and explain how it connects to what you have learned.
- **Record yourself** sharing a 20-second response to your favorite part of the lesson.
- **Listen to a peer** share their favorite part of the lesson, and then share yours with them.
- **Connect a sound** to your mood during the lesson and explain how the sound relates.



SMELL

- **Create a smell continuum** with your favorite and least favorite smells; rate the lesson and explain.
- **Use scented markers or stickers**, and make a connection between the scent and a key concept.
- **Relate the lesson to a specific scent**, explaining the similarities and reasons behind your choice.
- **Choose 3 main ideas**, and relate them to 3 different smells. Explain your reasoning.



TASTE

- **Create a recipe**, choosing ingredients from the lesson. Name the recipe with a relevant title.
- **Use a food metaphor or simile** to describe something you learned in the lesson.
- **Divide a paper plate** into portions and label each portion with key concepts from the lesson.
- **Recall a food memory** related to the lesson and write down why you chose it.



TOUCH

- **Use the provided material** (blocks, clay, wire) to build a concept from the lesson that stood out to you.
- **Give a thumbs up, down or sideways** to indicate your level of understanding after the lesson.
- **Move around the room** to defend, challenge, or qualify your level of agreement with an argument or concept.
- **Build a collage** that represents the most important takeaways from the lesson.
- **Act out a concept** from the lesson that you think is most important.



THOUGHT

- **Agree or disagree** with a prompt and write down your reasons with examples.
- **Write about a personal connection** you can make with today's lesson and the concepts you have learned.
- **3-2-1** Jot down three ideas you learned, two ideas you want to learn and one question you have.
- **Select an adjective** that best describes the lesson. Explain your reasoning.
- **Write important ideas** from the lesson and rank them in terms of importance.