



Covering Buffalo, Crawford, Grant, Jackson, Juneau, La Crosse, Monroe, Richland, Trempealeau, & Vernon Counties  
*Connecting Students to Professions, Professionals to Communities and Communities to Better Health*

## Job Shadowing Frequently Asked Questions

### What exactly is job shadowing?

Job shadowing is a great way for students to experience firsthand what a job is like. Students are paired with a mentor in a career that interests them and they get to observe them at their work site. Job shadows vary in length and can last anywhere from an hour to a full day. Some students even job shadow the same area on multiple different days. Job shadowing allows students to ask their mentor questions and observe things they may not have had the opportunity to do had they not participated in a job shadow. Job shadowing is a truly unique experience that provides a glimpse into the profession.

### Why should I job shadow?

Job shadowing provides the opportunity to experience a “day in the life” of someone in a particular career. It provides a much better picture of a particular career than just reading something online or in a book. Students get to experience real events and have the opportunity to talk with someone who is in that particular career.

Job shadowing helps to determine which jobs you may want to pursue and also helps to rule out any jobs that may not be the best fit for you. It is a “win-win” either way. Some students that don’t ever job shadow before college end up graduating and not liking the career they chose. Job shadowing can help prevent this from happening, before you spend time and energy on something you may not like. Job shadowing also provides the opportunity for networking and meeting people, which is very important. These might be some of the people you will work with some day. If you make a really good impression, this could increase your chance of getting hired there someday (if you make a bad impression, chances are you will NOT get hired there).

### Do mentors really want me to job shadow them?

Yes! Most mentors love talking about their job and career fields, as well as working with students. They are thrilled that you chose them to talk to about your future career. Most mentors remember what it was like to be a student and want to help in all the ways they can. Overall, mentors like to participate in job shadowing because it makes them feel good.

### What if am unsure what area to job shadow?

Research, research, research!! You can never do too much research when preparing for a job shadow.

Research areas you think you may be interested as well as other areas you may have never heard of before. If you are unsure if you can handle working with blood or bodily fluids, you may want to look into healthcare support, public health, or pharmacy. If you would rather explore jobs that do not work directly with patients, you may want to explore jobs in the laboratory or in medical coding.

Students should select a variety of job shadows they are interested in, as some of the more popular jobs fill up very quickly. Facilities do their best to accommodate requests, but they cannot be guaranteed. Scenic Rivers AHEC can assist with career exploration and help you determine which health careers might be of interest to you. You can also find information on different health careers online at [www.wihealthcareers.org](http://www.wihealthcareers.org) or [www.explorehealthcareers.org](http://www.explorehealthcareers.org).



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### **Can I job shadow more than once?**

Absolutely! Students are encouraged to job shadow more than one area. Job shadowing can help to narrow down which careers you may want to pursue. You may also want to job shadow different individuals in the same career because one person's perspective may be different than another person's perspective. You may also want to job shadow at different sites to see the differences in the job depending on location.

### **What do I need to do before I can job shadow?**

The requirements vary from site to site. You may need to complete paperwork, complete a short HIPAA (Health Insurance Portability and Accountability Act) training, and/or have a TB skin test done. Contact your job shadow site or Scenic Rivers AHEC for more information on what is required at your desired location.

### **How do I go about setting up a job shadow? Where can I go for additional information?**

If you are a high school student living in the Scenic Rivers AHEC region, contact Nicole Thill, the Education and Outreach Coordinator with Scenic Rivers AHEC at (608) 487-3838 or [nthill@scenicriversahec.org](mailto:nthill@scenicriversahec.org). You may also contact your desired job shadow site directly (although some sites require you to go through Scenic Rivers AHEC).

### **Most importantly, have fun and enjoy the job shadow experience!**

Please visit the [Scenic Rivers AHEC website](http://www.scenicriversahec.org) for more information.