

# Thinking about Job Shadowing & Sampling?

When individuals are brainstorming their career interests and looking for a job they will love and enjoy, the opportunity to shadow, or sample, specific job types can be beneficial. This can help the individual decide if the job fits their interests and needs.

### HOW ARE THEY DIFFERENT?



#### JOB SHADOWING

The opportunity **to observe an employee**, within a specific job title, to learn more about their common tasks, schedule, and work environment.



#### JOB SAMPLING

The opportunity **to mirror and complete work tasks of an employee** at a specific business of interest.

### Some of the Benefits of Job Shadowing & Job Sampling



- ✓ **Provides training and education:** giving individuals a glimpse into the skills necessary for the job and whether they want to learn those skills.
- ✓ **Allows choices:** giving individuals the opportunity to make choices about their career interests and possibly eliminating choices they do not believe will fit their needs.
- ✓ **Provides answers:** giving individuals the opportunity to ask professionals questions about the career/job and giving them a better perspective of the job or business.
- ✓ **Demonstrating skills:** a sampling opportunity allows the individual to showcase their strengths and skills to a potential employer.

### TVS Pre-ETS Creating Experiences

The Pre-ETS program facilitated job shadowing and job samplings experiences for students in Henderson and Transylvania County.

#### Businesses include:



- Transylvania County Animal Shelter
- Transylvania County Library
- Transylvania Vocational Services
- and with a local food truck – Feta Flav!

Students expressed interest in these businesses and staff helped students set up opportunities to shadow specific careers and sample the work tasks within those businesses.

### Tips for preparing for a job shadow or sampling experience:

- Do a little research first!

**Find out more information about the business! This can help show employers you are interested.**

- Make a list of questions for the professional
- Dress appropriately
- Make a list of goals you wish to accomplish during your experience
- Arrive early
- Take notes
- Limit phone use
- Be ready to learn

