



CHS SCHOOL TO CAREER PROGRAM

JUNIOR PRESENTATION





CAREER EXPLORATION BREAKFAST





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The Career Exploration Breakfast is an event held in March for Chelmsford High School juniors. The Career Exploration Breakfast gives students the opportunity to select two careers of interest, and spend time with a professional in that field. Professionals from a wide array of fields graciously donate their time and expertise.

Speakers share:

- Their interests
- Educational Background
- What skills are needed to perform their jobs.

Students:

- Prepare questions
- Maintain discussion



OCCUPATIONS TO CHOOSE FROM



Accountant

Athletic Trainer

Biomedical Engineer

Boston Police-SWAT

Career Advisor

Child Life Specialist

Scientists

Engineers

Photographer

Landscape Architect



Social Media

College Professor

Dentist

Lawyer

Judge

Veterinarian

Social Workers

Sales

Physicist

Nurse

Police Officer

Fire Fighter

Journalist

Teachers

Speech Therapist

Mental Health

Counselor

Psychologists

Realtor

Writer





MARCH 15TH SCHEDULE

Two 25- 30 minute sessions where you will meet with a professional, hear about their path, ask questions, and make connections!

Session 1 - 9:15 - 9:40

Session 2 - 9:45 - 10:15



JUNIOR JOB SHADOW





WHAT IS JOB SHADOW

- ✘ An opportunity for juniors to follow a career professional at their workplace to learn more about a particular occupation or industry.
- ✘ Job Shadow Day will take place on Tuesday, May 16, 2023.



PURPOSE

- ✘ Helps you to explore different career paths and/or majors for college
- ✘ Connects what you are learning in school to jobs/careers in the real world

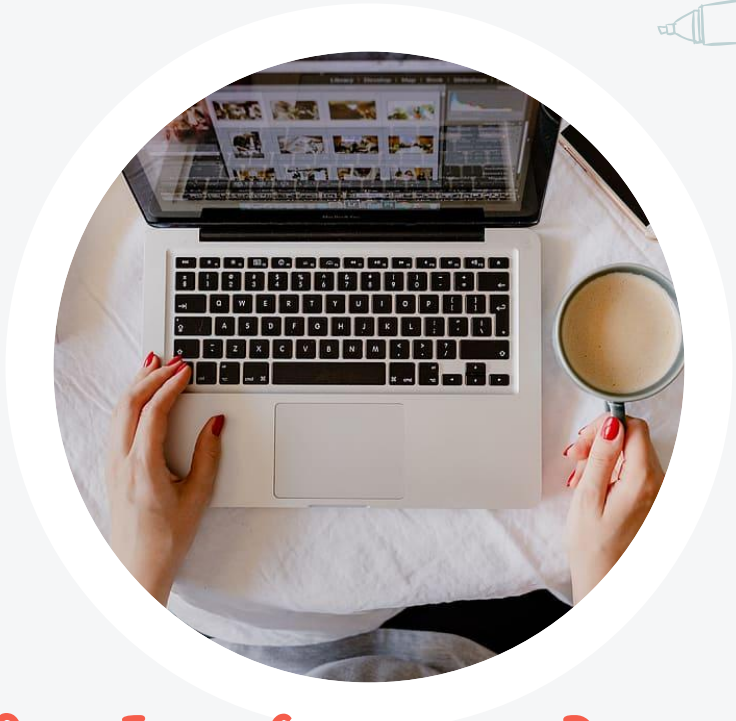
EXPECTATIONS

- ✘ Mandatory for all juniors.
- ✘ If you don't have a site, you will complete a career exploration curriculum during school.

SITE EXPECTATIONS

Schedule an arrival and departure time with your site mentor at least two weeks ahead of time

- ✘ We recommend a full day but 4 hours minimum
- ✘ You must provide your own transportation
- ✘ Discuss your responsibilities and goals as a student
- ✘ Arrive with your own questions
- ✘ Research the company online before going in for the day



ON JOB SHADOW DAY...



BE ON TIME!



WHAT TO BRING

- ✘ Formal resume
- ✘ Questions for your site mentor
- ✘ Lunch (find out from your site mentor if this is necessary)
- ✘ An open mind!

WHAT TO WEAR

Don't Wear

Sandals
Crop Tops
Tank Tops
Sweat Pants/ Leggings
Hats
Shorts

Do Wear

Business Casual Attire

Dress Pants
Collared Shirt
Appropriate length
dresses and skirts
Close Toed Shoes

DRESS ACCORDING TO YOUR SITE

It's ok to give your site mentor a call ahead of time to ask about dress code!



WHILE YOU'RE THERE

✘ Conduct an Interview

1. What does a typical day look like for you?
2. What education did you need to do this job?
3. What do you like most about your job?
4. What is the most challenging thing about your job?
5. What advice would you give someone my age that is exploring potential careers?

✘ Be Respectful!

- ✘ Keep your cell phone out of sight and silent!

AFTER YOU LEAVE

- ✘ Write your site mentor a thank you note
 - Email or Handwritten
- ✘ Fill out the Post Job Shadow Reflection Sheet



REQUIRED DOCUMENTS

- Please be sure to fill out
 - The Junior Job Shadow Application
 - Turn in Permission Slip to Ms. Cunningham

by May 12, 2023.



RECAP

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- ✘ Career Breakfast is taking place on March 15, 2022
 - Please be sure to fill out the Career Breakfast Survey
 - ✘ Job Shadow is taking place on May 16, 2023
 - Please be sure to fill out
 - The Junior Job Shadow Application
 - Turn in Permission Slip



by May 12, 2023.



QUESTIONS?



**Career Exploration
Breakfast Survey QR Code**

