



CHS SCHOOL TO CAREER PROGRAM

JUNIOR PRESENTATION





CAREER EXPLORATION BREAKFAST





CAREER EXPLORATION BREAKFAST

The Career Exploration Breakfast is an event 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



APRIL 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 - 9:10 - 9:40

Session 2 - 9:45 - 10:12

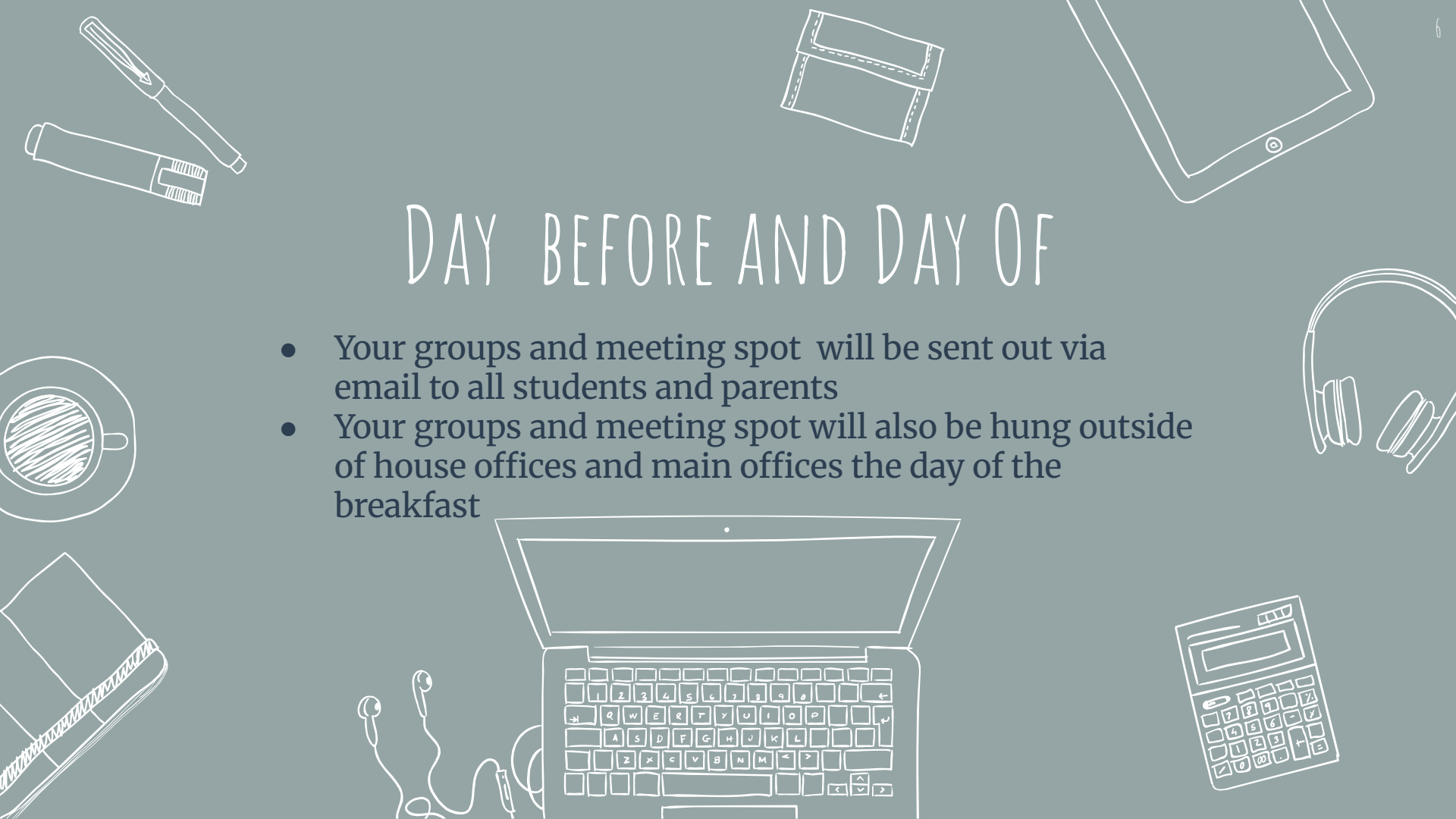


KEEP IN MIND

- Career Breakfast Selection form needs to be completed no later than TOMORROW .
- If you do not choose by then, you will automatically be placed in 2 sessions
- Career Breakfast Professionals volunteer their time, we may not have a volunteer that meets everyone's interests

DAY BEFORE AND DAY OF

- Your groups and meeting spot will be sent out via email to all students and parents
- Your groups and meeting spot will also be hung outside of house offices and main offices the day of the breakfast



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 20, 2025.**



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 in the Cafe.

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

IMPORTANT

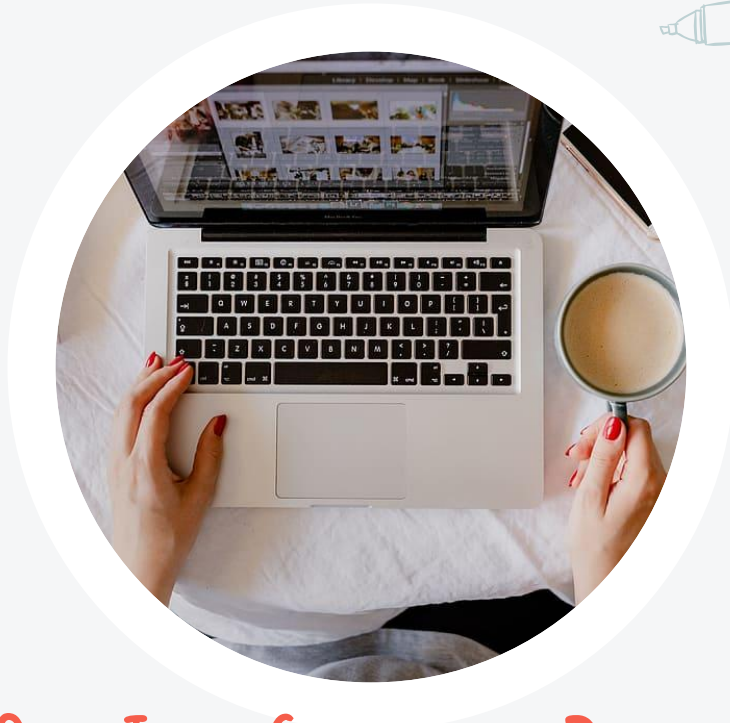
(THINGS TO THINK ABOUT)

Start your outreach ASAP!

- Companies are more likely to tell you no if you do not give them enough notice about Junior Job Shadow Day

If you do NOT find a junior Job Shadow Placement:

- You will be in the cafe doing resume work and completing an online career course all 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 Google Form

REQUIRED DOCUMENTS

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

by Friday May 16, 2024.

RECAP

- ✖ Career Breakfast is taking place on **April 15, 2025**
 - Please be sure to fill out the Career Breakfast Survey

- ✖ Job Shadow is taking place on **May 20, 2025**
 - Please be sure to fill out
 - The Junior Job Shadow Agreement Form/
Parent Sign off (In your email)

by May 16, 2025.

QUESTIONS?



Career Exploration Breakfast Selection Form

