



## Career Development Council

### **Career Awareness- Career Exploration - Career Planning Interviewing Skills - Business Site Tours - Shadowing - Career Panels**

#### Career Research Websites:

- Career Cruising Interactive career guide with Matchmaker, Explore Careers and college links [www.careercruising.com](http://www.careercruising.com) username: Sayre / password: Richmond
- CareerZone - Interest assessment and career and career information  
[www.pacareerzone.org](http://www.pacareerzone.org)
- US Dept. of Labor & Occupational Outlook Guide [www.bls.gov](http://www.bls.gov)
- Career Magazine Online [www.careermag.org](http://www.careermag.org)
- Hot Jobs [www.hotjobs.com](http://www.hotjobs.com)
- Career Voyages: Job market analysis by state & career information  
[www.careervoyages.com](http://www.careervoyages.com)

### **What is SHADOWING?**

Enables you to spend part of a day with someone in a career you are interested in at that person's worksite. You will learn about the job responsibilities, what a typical workday is like, the salary range, and what the work environment is like.

#### **How do I arrange a shadowing?**

1. Stop in the Guidance Office anytime to sign up to meet with Mrs. Horton on a Wednesday.
2. Meet with Mrs. Horton to discuss your shadowing interest and complete a Shadowing Request Form and return it to the Guidance Office.
3. When your shadowing has been arranged, (usually 2 - 3 weeks later) Mrs. Horton will notify you and give you a packet of information including:
  - Confirmation letter
  - Possible questions to ask your host
  - Directions and special instructions
  - Parent Permission form
  - Student Evaluation

Mrs. Horton - Guidance Office **Every Wednesday**  
Phone (607) 795-5320  
[bhorton@sayresd.org](mailto:bhorton@sayresd.org)