

# How to prepare for your job shadowing experience

Job shadowing is a powerful tool for career exploration and growth, and our goal is to ensure you make the most out of this opportunity. By observing colleagues in action, you'll gain invaluable insights that can help guide your future career decisions. Prepare with confidence and make the most of your job shadowing experience!

## WHY JOB SHADOW?

- **Gain insight:** Experience the daily responsibilities and work environment of roles you're considering.
- **Inform your career decisions:** Evaluate if a particular role fits your skills, interests and long-term goals.
- **Network with professionals:** Observe and engage with experienced colleagues. Asking questions and seeking advice from them can provide guidance and enhance your understanding of the role.
- **Enhance your professional development:** Learn about the skills and qualifications required to advance in your chosen field.

## COMMITMENT TO GROWTH

Engaging in job shadowing reflects your commitment to continuous learning and professional development. It's an opportunity to immerse yourself in different roles within Nebraska Medicine and gain a deeper understanding of the various career paths available.

By preparing thoroughly for your job shadowing experience, you'll maximize the benefits and significantly impact on your career development. Embrace this opportunity to explore, learn, grow and take proactive steps to incorporate your insights into your career path with Nebraska Medicine.

## PREPARATION STEPS

1. **Plan with your leadership team:** Discuss your interest in job shadowing with your manager or leadership team. Determine the best time to schedule your shadowing experience – either during your regular work hours or outside of them – to ensure it does not disrupt your current responsibilities.
2. **Obtain approval:** Secure necessary approvals from your manager, especially if you request paid time for the job shadowing.
3. **Set goals for your experience:** Identify what you hope to achieve from the shadowing experience. Whether learning specific skills, understanding daily tasks or exploring different career paths, having clear goals will help you make the most of the opportunity.
4. **Prepare questions:** Before your shadowing session, prepare thoughtful questions to ask the colleagues you'll be observing. This will help you gain deeper insights and demonstrate your genuine interest in the role.

**TOGETHER. EXTRAORDINARY.**

