

Job Shadowing

Job Shadowing is an opportunity for you to connect or "shadow" a professional who has specific knowledge about an occupation or career in which you are interested.

You observe responsibilities and tasks associated with the career and have the opportunity to ask questions about the knowledge, skills, talents, and level of education required for the job.

While the purpose of job shadowing is to gather career related information and expand your networking contacts, it also allows you to build interviewing skills, become aware of trends in the field and see workforce technologies in action.

Multiple job shadowing experiences allow you to explore a variety of career paths. Many professionals are open and willing to share their time with you. You can reach out to UNC alumni, family friends and any other professionals doing work of interest to you.

Source URL: <https://careers.unc.edu/students/exploring-majors-and-careers/job-shadowing>