

Job Shadow

A job shadow is an opportunity to observe one or more people working at a job that interests you. During a job shadow, you will spend a number of hours in a workplace, ranging from a few hours to a day. You will usually be assigned to a "host" who will either show you around or let you observe him or her at work. Your goal during that time is to learn as much as possible about the job or career by observing, listening, asking well-thought out questions and taking good notes. Job shadows provide opportunities for you to explore future careers and educational interests. We are working to add more job shadow opportunities to this site. In the meantime, watch a few career video profiles and learn about what the life sciences are:

<http://www.ls-central.com/careervideooverview.html>.

Program	Battelle Pacific Northwest Laboratories Job Shadow
Program Description	By <i>Shadowing</i> with a Laboratory host, the student will get a firsthand perspective of what adults do in the world of work. The <i>Shadowing</i> experiences will be focused in the areas of science, mathematics, engineering, and technology. All <i>Shadowing</i> experiences will be directly related to the student's current course of study in school (i.e., science class, career awareness, consumer economics class, etc.).
Website	http://science-ed.pnl.gov/students/precollege/shadowprog.stm
Contact	Kathy Feaster kathy.feaster@pnl.gov
Location	Richland, WA
Time Commitment	One day

Program	Point Defiance Zoo & Aquarium Marine Biologist for a Day
Program Description	Spend a weekend as a marine biologist. Scrubbing aquariums, feeding sharks, washing dishes and writing reports are just a few of the skills you will learn through this program. Marine Biologist for a Day takes place entirely in the aquariums, with a short visit to Rocky Shores.
Pre – requisites	Must be between 13 – 18 years of age
Website	http://www.pdza.org/page.php?id=135
Contact	Education Department at (253) 591-5333.
Location	Tacoma, WA
Cost	\$100 for members/\$115 for non-members
Time Commitment	Saturday and Sunday, 8:00 – 4:00 Call for availability

Program	Point Defiance Zoo & Aquarium Zoologist for a Day
Program Description	<p>Level I - Find out what zookeepers do behind the scenes. You will scoop poop, observe training sessions and learn how to enrich the animals. Keeper for a Day includes activities in the Rocky Shores, Tundra, and Southeast Asia areas.</p> <p>Level II – After successful completion of Level I – Meet all of the animals that Zoo visitors rarely get to see as you take the experience to the next level - learn about animal nutrition and enrichment as you personally prepare animal diets and create unique sensory experiences for our animal friends!</p>
Website	http://www.pdza.org/page.php?id=135
Contact	Education Department at (253) 591-5333
Location	Tacoma, WA
Cost	\$85 members / \$95 non-members Morning snack, lunch, and T-shirt provided
Time Commitment	Saturday 8:00 – 4:00 Call for availability

Program	Seattle Biomedical Research Institute BioQuest Annual Job Shadow
Program Description	Budding young scientists will meet SBRI scientists and researchers who are working on solutions to the world's most deadly infectious diseases and perform hands-on science experiments in the BioQuest learning lab.
Website	www.sbri.bioquest.org
Contact	Theresa Britschgi theresa.britschgi@sbri.org
Pre-requisites	Must be a high school student
Application requirements	If interested, contact Theresa Britschgi for more information
Location	Seattle, WA
Time Commitment	1 day in August, ask Theresa Britschgi for details

Programs	UW Bioengineering Department Job Shadow
Program Description	Students will spend half a day shadowing faculty and/or graduate students in the laboratory to observe bioengineers at work, learn about current research, and ask questions about a career in bioengineering.
Website	http://depts.washington.edu/bioe/programs/jobshadow/jobshadow.html
Contact	<p>Stanley Choi Job Shadow Program 206.616.2423 bioeng@u.washington.edu.</p> <p>Department of Bioengineering University of Washington N107 William H. Foegen Bldg 1705 NE Pacific St., Box 355061 Seattle, WA 98195</p>
Pre-requisites	Middle or high school student
Application requirements	<ul style="list-style-type: none"> ◆ Read safety information ◆ Read about and choose a specific area of interest on the website ◆ Fill out an application ◆ Write personal interest statement
Location	Seattle, WA
Time Commitment	½ Day