

Bow High School
32 White Rock Hill Road
Bow, NH 03304

CAREER EXPLORATION DOCUMENTATION

Career Exploration Graduation Requirement

~All students are required to have a minimum of 20 hours of career exploration.

~Career exploration hours are pro-rated at 5 hours per year for those students not attending Bow High school for 4 years.

*~Seniors should have all career exploration hours completed by **January 15th** of their senior year in order to participate in graduation in June.*

This is to verify that career exploration was performed.

Student Name: _____

Grade: _____

Year of Graduation: _____

Hours worked: _____

Date of Exploration: _____

Work Site: _____

Name of Supervisor: _____

Pre-approved by: _____ Pre-Approval Date: _____
School to Career Coordinator, Mrs. Gaschnig

Describe your planned career exploration experience.

After you complete it, explain how this experience impacts your career plans:

Signature of person providing career exploration activity: _____

*This form must be filled out **completely** or hours will not be accounted for!
Once it is completed return it to Mrs. Gaschnig in room 1207.*

<i>For office use only</i>	<i>Date:</i>	<i>Initials:</i>
----------------------------	--------------	------------------

~Please read other side ~

MISSION STATEMENT

In providing a relevant and challenging education for all students within the Bow School District, the Bow School-to-Career Partnership, in concert with its community and business partners, will identify, develop, evaluate, and sustain meaningful experiences that assist all students in their successful transition from school to career.

Work-site Visit

The student visits a work-site, tours the facility, and learns about all aspects of the business.

Informational Interview

The student conducts a structured interview with a professional to gather more information about a particular career.

Job Shadow

The student observes a professional at work for a half a day or full day to learn more about the designated career.

Internship

The student spends at least ten hours at the work-site, performing job-related tasks under the supervision of an identified supervisor. Interns have usually participated in a job shadow prior to the internship.

Career Day/Career Conference

The student attends a school sponsored or industry sponsored Career Day or Career Conference such a Career Expo, UNH/FIRST Women in Engineering & Science Forum, Engineering Career Days, etc.