Work-based learning
Jumpstart your career during high school

Work-based learning opportunities provide you with a chance to experience the work world now, before you leave high school. These experiences will let you interact with adults working in careers that you may wish to pursue. They will help you decide whether the career is right for you. If you are interested in any of the following options, visit your school counselor to discuss available opportunities.

**JOB SHADOWING**
Accompanying a working professional

Job shadowing is a short-term, on-site work experience that gives you a sense of the day-to-day activities of a certain career. Job shadowing is a quick way to discover whether a career is for you. Maybe you think you’d like to be a doctor but aren’t sure whether you can stand the sight of blood. Ask the person you are shadowing about what they do. Discover the pros and cons of each career; ask what he or she would do differently if starting out again; and if he or she would choose the career again.

**SERVICE LEARNING**
Applying your skills to community service

Service learning is a method in which the student engages in community-service work for a specified number of hours in order to gain developmental experience. Students and teachers cooperate with local leaders to address community problems and issues. With guidance from a teacher or counselor, you can identify an issue in the community and help develop a solution. Service learning is also a good way to test your ability to work with a team and to help other people achieve their goals.

**COORDERATIVE EDUCATION**
Earning money and high school credit

Cooperative education (often called “co-op”) is an opportunity for a student to combine classroom instruction with paid employment. The school and the employer supervise and coordinate instruction time as well as hands-on work so that each component contributes to the student’s career objectives. Cooperative education opportunities are available in a variety of career fields.

**INTERNSHIP**
Trying out a job

Internships allow you to test drive a career. Not only will internships let you know if you enjoy the work, they look great on a résumé or college application. Some are paid, and some are not, but the value of an internship comes in understanding what a job is really like and in developing a network of future employment contacts. See Web Resources on page 4 for Web sites that are helpful in finding internships.

**MENTORSHIP**
Developing a trusting relationship with a working professional

Mentorship is another way to explore a particular career, but it goes beyond job shadowing. While spending time in a workplace, you have the opportunity to develop a relationship with an accomplished worker or executive who will provide guidance, support, feedback, and instruction. Often, he or she can provide you with personal and career-development advice.

**CLINICAL EXPERIENCES**
Health and medical training

Clinical experiences give health and medical students the opportunity to apply their classroom knowledge with clinical practice. Students are not paid, but they learn the basic skills, behaviors, and attitudes needed for professional competence in the healthcare field.

**STUDENT APPRENTICESHIP**
Learning and earning

Apprenticeships allow students to learn while earning a paycheck. Student apprenticeship is designed to lead students directly into an entry-level job for highly skilled technicians, a registered apprenticeship, or a postsecondary program. Often, apprentices can earn a degree or industry credential while working.