**Conemaugh Township Area High School Senior Career Seminar**

**Self-Assessment completed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Name**

**Job Shadowing Area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please respond in complete sentences.  Continue any answers on the back if you need more room.

What do you feel was the strongest overall component of your completed seminar experience? (What should evaluators be sure to notice?)

What about your job shadowing would you have done differently if you had it to do over again, and how would you change that aspect?

What component of this experience was the most educationally beneficial to you, and why?

*A score for “rigor” examines the level of effort put forth for this particular project. Did you do the bare minimum (≈8 hours of shadowing) or go above and beyond? Tell us what score YOU feel your project earns for rigor and explain why you rated it as you did.*

15 14 13 12 11 10­­­­­→

Exceptional Above Avg Avg Below Avg

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_