

Bow High School  
55 Falcon Way  
Bow, NH 03304

## CAREER EXPLORATION DOCUMENTATION

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### *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 15<sup>th</sup>** 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 Counselor*

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 the School Counseling Office.*

<i>For office use only</i>	<i>Date:</i>	<i>Initials:</i>
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*~Please read other side ~*

## *MISSION STATEMENT*

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In providing a relevant and challenging education for all students within the Bow School District 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. Students should get pre-approval for any of the options below.

### 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 Shadows – All students must complete 2 job shadows prior to graduating

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.

### Other

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, college tours (max of 4 hours), classroom activities, etc.

The goal is to have students experience tangible product/reflection.

