

# STILLMAN VALLEY HIGH SCHOOL JUNIOR/SENIOR EXPLORE DAY (April 13, 2023)

## Verification Form: Due April 17th

NAME \_\_\_\_\_

As you approach graduation, this day is a perfect opportunity for you to do some exploration concerning your future. Or, it is a chance for you to give something back to others by choosing to volunteer your time.

### THREE OPTIONS:

**-Job Shadow-** Consider contacting a neighbor/friend/relative and ask to spend a day shadowing them at their place of employment to see if their career is an area of interest for you.

**-Visit a College/University** -Visit a college or university of your choice to become more familiar with the campus and program and/or meet with an advisor to have your questions answered. Undecided about college? Visit a college or two for the experience.

**-Community Service-**contact a local agency such as the Rockford Rescue Mission, Bread of Life, or a nursing home to share your time and talents with others.

Please indicate below the information about your day and return to the Counseling office by Wednesday, April 17<sup>th</sup>.

### Junior / Senior Explore Day:

\_\_\_\_\_Job Shadow

\_\_\_\_\_College Visit

\_\_\_\_\_Volunteer

Please write a 2-3 sentence description of your experience and have a signature from an adult (professional, college rep., or organization rep.) to verify your activity.

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date