

COMMACK HIGH SCHOOL SHADOW DAY

Tuesday, April 9, 2024

Dear Students,

As high school students, your opportunities to try out a career are limited. Shadow Day is a rare opportunity to try one out and see how it fits you. That is what this event is all about.

There are many positions available in this booklet in varying fields. How do you decide what to try? Think hard about what you like to do and select a position that matches your interest. *Students are encouraged to find their own shadow experiences so ask your family and friends if you can shadow them for the day.*

You should apply for the top three positions that interest you. In real life, the “plum” jobs are highly competitive. There may be many other students applying for these positions. How can you make yourself stand out? Here are some tips that may help you get noticed.

- Make sure your application is neat and check for misspelled words.
- Make sure that you are answering the questions that are asked.
- How do your skills and interests match the job description?

Your parents are responsible for providing transportation to and from the job site.

If you have any questions please feel free to contact me at dnelson@commack.k12.nv.us or stop by my office in the counseling center.

Good Luck!!!

Mrs. Nelson
Career/Internship Teacher
Commack High School
912-2206

Student Timeline for Commack High School Shadow Day

Tuesday	March 5th	- students must hand in application – NO LATE APPLICATIONS WILL BE SELECTED Drop off applications to the counseling center
Friday	March 15th	- students notified if they were matched to a position YOU MUST STOP BY MRS. NELSON'S OFFICE (LOCATED IN THE MAIL HALLWAY BY THE A WING OR STOP INTO THE COUNSELING CENTER) TO PICK UP YOUR MATCH FORM
Tuesday	March 19th	- meeting regarding what to expect on shadow day 2:30pm in the student study center
Tuesday	April 9 th	- Shadow Day
Friday	April 12 th	- reflection form and CSIP paperwork due to Mrs. Nelson

STUDENT APPLICATION FORM

Due back to the
counseling center by
Tuesday, March 5th

Student's Name: _____

Student's Email Address: _____
(use an email address that you check often)

Applying for Positions: List choice in order of preference by job number:

1.# _____ 2.# _____ 3.# _____

If you are finding your own personal shadow experience from a family member or friend please indicate their name and phone number _____

The student needs to answer both questions. These answers will be reviewed when deciding the student's placement.

1. Briefly, Why do you want to participate in Shadow Day?

2. Briefly, Why would you be a good choice for the position listed?

No late applications will be accepted. Students are placed on a first come first served basis as well as their response to the above two questions.

Student's signature _____

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Human Services

<p>Job #1 <i>Political Science</i> Learn what a typical day is like for the NYS Assemblyman Keith Brown's Legislature Director. See how constituents are advised, how the office plans for events and how the community is informed on what the Assemblyman is working on. Commack</p>	<p>Job #2 <i>Law</i> Spend time in the Suffolk County District Attorney's office learning how the office works to serve justice and ensure the safety of Suffolk County residents. Hauppauge</p>	<p>Job #3 <i>Kindergarten Teacher</i> Do you love working with children? Spend the day in a kindergarten class at the North Ridge Primary School. Commack</p>
<p>Job #4 <i>First Grade Teacher</i> Do you love working with children? Spend the day in a first grade class at the North Ridge Primary School. Commack</p>	<p>Job #5 <i>Second Grade Teacher</i> Do you love working with children? Spend the day in a second grade class at the North Ridge Primary School. Commack</p>	<p>Job #6 <i>Special Education Teacher</i> Observe how special education teachers at one of the Primary Schools work with students to help meet their educational goals. Commack</p>
<p>Job #7 <i>Art Teacher</i> Enjoy art and love working with children? Spend the day with the art teacher observing lessons and projects she carries out with the students at North Ridge Primary School. Commack</p>	<p>Job #8 <i>Speech Therapist</i> Spend time with the speech therapist at North Ridge Primary School. Observe how the therapist works with special needs students developing language skills. Commack</p>	

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Health, Science & Medicine

<p>Job #9 <i>Nursing</i> Huntington Hospital – Students interested in nursing can observe in various areas in the hospital. Must provide proof of vaccinations. Huntington</p>	<p>Job #10 <i>Dietician</i> Huntington Hospital – Students interested in learning about nutrition and how the hospital manages patient’s special diets can shadow the dietitian. Must provide proof of vaccinations. Huntington</p>	<p>Job #11 <i>Pathology/Lab</i> Huntington Hospital – Students interested in learning about how the hospital uses diagnostic testing to determine illness and disease can spend time observing in the lab. Must provide proof of vaccinations. Huntington</p>
<p>Job #12 <i>Physical Therapist</i> Observe the physical therapist at Professional Physical Therapy. See how they treat patients in all aspects of the orthopedic and neurologic field. Commack</p>	<p>Job #13 <i>Physical Therapist</i> Observe the physical therapist at Sunshine Orthopedic & Sports Physical Therapy. See how patients are treated in all aspects of the orthopedic and sports injuries. Commack</p>	<p>Job #14 <i>Dentist</i> Observe a dentist at a local dental office. See how patients are treated in all aspects of dental procedures. Commack</p>
<p>Job #15 <i>Pharmacist</i> Huntington Hospital – Students can observe a pharmacist and learn how the support patients and doctors in the hospital. Must provide proof of vaccinations. Huntington</p>	<p>Job #16 <i>Veterinarian</i> Shadow a veterinarian at Commack Veterinary Center and learn about veterinary medicine and surgery. Commack</p>	<p>Job #17 <i>Veterinarian</i> Shadow a veterinarian at East Northport Animal Hospital while they examine patients and diagnose ailments and performs wellness programs for early detection and prevention. East Northport</p>
<p>Job #18 <i>Veterinarian</i> Shadow a veterinarian at Harborside Veterinary Hospital and observe the various patients being treated. Huntington</p>		

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Business

<p>Job #19 <i>Business – Department Executives</i> Spend the day with the executives of Nikon, Inc. Meet the executives from across the organization and learn what they do and what their department's role is in the day to day operation of the company. Melville</p>	<p>Job #20 <i>Accounting</i> Shadow a partner and staff at the BDO accounting firm. Learn about the various services, (audit & assurance, tax and advisory) they provide to clients. Melville</p>	<p>Job #21 <i>Mortgage Broker</i> Shadow a mortgage broker and learn what goes on between the homeowner and lender and matching borrowers with appropriate loans. Also learn about the array of title and settlement services they provide to financial institutions, attorneys and consumers. Hauppauge</p>
<p>Job # 22 <i>Cybersecurity Manager</i> Spend the day with the Cybersecurity Manager and Cyber Analyst at Cold Spring Harbor Laboratory and learn about their comprehensive cybersecurity program that is aimed at protecting their data from unauthorized disclosure and alteration. See the range of cybersecurity tools used to monitor the network and users behavior. Cold Spring Harbor</p>	<p>Job #23 <i>Business Development</i> Spend time shadowing a Senior Director of Business Development at Cold Spring Harbor Laboratory and learn how they facilitate transfer of laboratory inventions towards development of commercial products to benefit society through partnerships between the scientist and industry development. Cold Spring Harbor</p>	<p>Job #24 <i>Senior Director of Financial Operations & Budgets</i> Learn what goes behind creating the annual operating budget for Cold Spring Laboratory, see how daily financial transactions are processed and see how deposits are prepared for trustees. Cold Spring Harbor</p>

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Arts & Communication

<p>Job #25 Radio Students will shadow at Connoisseur Media, owner of several radio stations, and meet with various programs directors, (sales, marketing, podcast, audio production) and sit in on a music call. Farmingdale</p>	<p>Job #26 Fashion Students will shadow the fashion designer and owner of Kerianne Meehan New York and learn about the fashion world. They specialize in custom design bridal and evening wear, menswear as well as custom alterations and remodeling projects. Huntington</p>	<p>Job #27 Music/Sound Engineer Shadow at senior producer and music engineer at The Loft Sound Studio who works with various artists producing original music, cover renditions and assists with songwriting. Syosset</p>

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Building, Design & Construction

<p>Job #28 <i>Civil Engineer</i> <i>Landscape Architect</i> <i>Environmental Planner</i> <i>Environmental Scientist</i> <i>Transportation/Traffic Designer</i> Meet with a panel of professionals at VHB who partner with clients in the transportation, real estate, institutional and energy industries, as well as federal, state and local governments. Learn how they improve mobility, enhance communities and balance development and infrastructure needs with environmental stewardship. Hauppauge</p>		

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Agriculture, Environment and Natural Resources

<p>Job #29 Marine Biologist Students will shadow members of the Long Island Aquarium mammal department and Birds and Butterfly Exhibition Center. You will observe activities that will focus on the daily routine of animal care, feed and tank maintenance. Riverhead</p>		