



# Shadow Activity Kit

Shadowing a student, advisor, or someone with insight into more meaningful college pathways is a powerful tool to gain deep empathy and insight into this topic area. Use our toolkit to capture insights and reflections. And, share your pledge to shadow with our community!

Share Your Pledge on Twitter!

**TIME:**

1 hour

**WHO:**

Anyone with insight into this topic.

**GOAL:**

Deep empathy

## Before:

### Plan your observation.

- Find someone to observe who will inspire insight into this topic.
- Share with them the project's goals and reserve 1hr of their time to shadow.

## During:

### Deep empathy and care.

- You're here to think about how it feels to be the person you're observing. Imagine yourself in their shoes.

### See challenges as opportunities.

- What new ideas does this make you think about in terms of providing more support to students to make successful transitions to and through college?

### Take photos.

- With permission, take some photos. One artifact photo, one portrait photo, and/or one environment photo can help others learn from your experience.

## After:

### Reflect on how it felt to shadow

- How did it feel to be a student/counselor/teacher for an hour?
- What were some of the best moments? What were some of the most challenging?
- Did shadowing spark any early ideas about future opportunities to support students on their journeys to and through college?
- **Post in our Discover phase.** Be candid and focus on what you learned, felt, and experienced. [teachersguild.org](https://www.teachersguild.org)