Kierra Braxton, a senior from Culver City High School, was one of thirteen high school students who spent their day at our Kaiser Permanente Playa Vista, Culver Marina, and Inglewood Medical Offices for Job Shadow Day on Thursday, February 27th.

“I want to be a labor and delivery nurse when I’m older,” said Braxton. “I thought that attending this event would be a good way to see the kind of environment I may be working in.”

Braxton shadowed nurses, technicians, and physicians at the Playa Vista Medical Office. Students were taught how to perform blood pressure checks and analyze the readings. Braxton appreciated the chance to explore the medical field.

“I got to learn about the different roles and see how x-rays and ultrasounds work. It was pretty cool,” Braxton said.

Yasmeen Delgado, a senior from Culver City High School, also spent the day at the Playa Vista Medical Office shadowing Trina McCaleb, a senior registered nurse, and Daryllynn Lawrence, a licensed vocational nurse. Learning about ultrasounds was Delgado’s favorite part of the event. She also observed how staff test for strep throat in the labs.

“I aspire to be a pediatrician or a neonatal doctor,” said Delgado. “I’m not sure which career I’m more excited about, but I do know that I love kids and infants, so I’ll enjoy either route.”

The job shadow event provides students with the opportunity to get a glimpse into a career they may like to pursue in the future. Students also tour the facilities, including pharmacies and labs, to learn about the specific departments and their day-to-day work. Towards the end of the event, students are able to speak with providers and ask questions about medical school and the overall industry.

“I would recommend the job shadow event to others because you get to see what you’re possibly going into and decide if it’s truly something you want to do,” said Braxton. Delgado agreed and noted that these events might help students find new interests that they may want to explore in the future.

Inglewood Chamber of Commerce also hosted its Inglewood Youth Business & Industry Job Shadow Day in partnership with Kaiser Permanente at our Inglewood Medical Offices, for students from Inglewood High School, Lennox High School, and St. Mary’s Academy.