

Goddard Riverside

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY

OPTIONS CENTER

Speed Networking Tip Sheet

Networking is the best way to meet and establish relationships with people. While you're in college or any postsecondary path, you will begin to meet new people. These individuals may be able to help you through your careers and you may be able to help them as well! As an Options participant, you are a part of a big network!

1). **Be prepared to ask questions.** Asking questions will help you understand what it's like to be in the field of your interest, some sample questions:

- o What does a day in your job look like?
- o What do you enjoy/dislike about your job?
- o How did you get into the role you have now?
- o Is there any advice would you give for someone entering this field?

2). **Take notes.** You can always refer to them after you've spoken to the professional!

3). **Speak to different professionals.** If you're undecided, speaking to different professionals may help you think of a potential career path!

4). **Elevator Pitch.** It can be really brief Sample of an elevator pitch:

- o My name is _____, I am currently a HS senior at _____. Right now, I am currently undecided and I am really interested to hear about your profession. OR I would like to major in business management. I plan to own my own business one day.

5). **Collect business cards or take down contact information.** You may have follow-up questions or may want to learn a little more about the company. This is how you begin expanding your network!

6). **Ask about the college experience.** This is a great opportunity to learn about their majors and what they did in college to prepare for their careers.

7). **Make eye contact.** You want to show the speaker that you are paying attention and listening to what they have to say.

8). **Body language.** Your posture and hand gestures can say how engaged you are in a conversation. Be sure to stand tall and keep your arms and legs in a neutral position.

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