

CAREER CENTER

NETWORKING TIPS FOR INTROVERTS

TIPS

1. **Prep work.** Do some research to identify who you would like to speak with at the event, know what industry they work in, where they work, etc.

2. **Bring a friend!** Sometimes it can make the process of networking at an event a bit easier if you have someone familiar with you. Just make sure to branch out to meet new people!

3. **Goal setter.** Set goals for yourself going into an event, whether it is the number of professionals you speak to or the amount of time you stay.

4. **Ask questions.** Below are some examples of quick conversations starters when networking.

- How long have you been working with “name of organization”?
- What do you do with “name of organization”?
- Is your company hiring for summer internships?
- Can you tell me a little bit about what your company is looking for in a candidate?
- What do you love most about your line of work?
- How did you get into the industry?
- What was the best piece of advice you got early on in your career?

5. **Be present.** Put your phone away - it makes you seem less interested and approachable.

6. **Smile!** Smiling can boost your mood and confidence even if you are nervous. By keeping a smile on your face, you will appear more approachable and positive.

7. **Speak first.** Introducing yourself to a professional first can be a great way to get the conversation going and to make a good first impression.

8. **Keep calm and carry on.** If anxiety strikes, step aside and collect yourself, get a glass of water, take a few deep breaths or get some fresh air.

9. **Dust yourself off.** Sometimes we may stumble a bit when first trying out networking, but no one is perfect, so try not to get too hard on yourself. Instead of focusing on the stumble, learn from it and try again.

10. **Hit my line!** Make sure you collect business cards or exchange contact information. Follow up after the event to thank connections for their time and keep the conversation going.

Click “**Career Fairs & Events**” then “**Workshops & Networking Events**” to view upcoming networking events.



Career Center

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