

CAREER ADVICE

Networking for Introverts

3 tips that actually work.

Does this sound familiar?



Career fairs make you sweat bullets



Networking events make you want to hide



Talking about yourself feels painful

Here's the truth:

**You need to train that little
extrovert inside you
to come out from time to
time.**

I was super introverted through high school and early college. Until I decided enough was enough.

TIP #1

Practice makes progress.

You won't magically become an extrovert overnight. That's not the goal.

The only way to get better at talking to people you find intimidating?

Do it anyway. Repeatedly.

TIP #2

Set **specific** goals. Not vague wishes.

 A Wish

"I want to network
more"

 A Goal

"Every week I'll reach
out to 5 new people
on LinkedIn"

TIP #2 CONTINUED

Real goals look like this:

- "Every week I'll go to professor's office hours"
- "I'll attend SI sessions and exchange info with 1 classmate"
- "I'll join 1 new student org and meet 10 people this semester"
- "I'll introduce myself to 1 new person in my dorm weekly"
- "I'll join Toastmasters and practice public speaking"

TIP #3

Start with your passions.

It's way easier to be social about things you actually care about.



Join clubs that matter to you



Meet people in contexts you enjoy



Talk about topics that excite you

 REALITY CHECK

If you're in an interview and you're
so shy that it's hard to
communicate with you...

*"How high will they rank you on
'works well with others'?"*

The 3 tips recap:

1

Practice makes progress—stretch those muscles

2

Set specific, measurable networking goals

3

Start with topics and clubs you're passionate about

Networking isn't optional. But it is learnable.

Start small. Be consistent.

Watch yourself grow.

**What's one networking goal you can
commit to this week?**

Drop it in the comments 