



# Networking Tips and Suggestions

1. **Don't be nervous.** Instead, be curious! At a networking event, everyone is there to learn about each other and to make beneficial connections. Here are some additional tips from [NPR's Life Kit](#), [Harvard Business Review](#), and [Novo Resume](#).
2. **Dress appropriately.** For most networking events, business professional attire is highly encouraged. In a professional setting, it is better to be overdressed than underdressed. If you aren't sure what to wear, check out this [guide to business attire](#) for some examples. If you do not have business professional attire, plan ahead and borrow from a friend or visit a thrift store for inexpensive options.
3. **Do your research.** If you know who will be at the event or what organizations will be in attendance, do some research ahead of time. Knowing about individuals or organizations at a networking event will give you an advantage when engaging with them. Do any of the attendees have a career in a field that interests you? Is there an organization you would like to work for or make a connection with? If there is a panel discussion, learn about the panelists and prepare a [question](#) to ask.
4. **Introduce yourself to someone new.** Networking events are your opportunity to meet individuals who are connections to potential future job opportunities. Have a few [networking questions](#) in mind to start conversations. When you have a conversation with someone who has experience in an area you're interested in, ask for their business card, or connect with them on [LinkedIn](#). Make a list of names and associations in your phone or keep a piece of paper handy to jot them down.
5. **Be bold but polite.** Join conversations and introduce yourself. If there is a circle of people already chatting, approach the group and at a break in conversation, simply say "Hello, my name is... May I join your conversation?" If you're not comfortable or are nervous, recruit a friend or classmate to join you as you network and meet people. Be mindful of what you are carrying (food, drink, cell phone, etc.) as you may need a hand free to introduce yourself to someone.
6. **Follow up.** When you get someone's contact information, send a [follow up message](#) the next day. Consider sharing your academic and professional goals, ask a specific question or comment on something you talked about with them, or ask if they know of other people who you should connect with professionally or academically.