



Career exploration with Yale alums for
GSAS students and recent grads

Networking Tips



Map your networks

Consider contacts past, present and future in different areas of your life: within your lab, your program, or your field of expertise. Don't forget to include Yale alumni orgs!



Identify areas for developing your network

Consider the size of your network, its range, the strength of your connections, the frequency of contact, and the strength of those ties. What areas do you need to develop?



Nurture your network by giving

Strengthen the relationships in your network before you need to draw from them. Find opportunities to giving and providing opportunities to people in your networks.



Understand the relationships in your network

These should encompass different levels of strength, diversity in backgrounds and experiences, and extend beyond your professional role or affiliation.



Leave the safety of your circle

Strong, diverse networks help you stay on top of the latest trends in your industry, meet new collaborators, and gain access to opportunities or resources that can help you be more effective in your work.



Master the art of conversation

Sharing a story can help open a memorable conversation. Shared experiences create connection. Find common ground quickly, like your time at Yale!



Build on your strengths

Introverts can bring strong listening and observation skills to the conversation. You can also leverage online communities and social media to complement in person conversations.



Cultivate connections

Keep your online presences active and updated. Build and maintain an active profile on LinkedIn or in other professional communities online. Join CrossCampus and sign up for the mentoring program!



Explore new areas of interest

Explore new areas of interest outside of school (community organizations, alumni groups, etc.) and let others know your interests. Ask for contacts, introductions, or suggestions. Volunteer! Join a club!



Be purposeful when strengthening your network

Identify who has the experience, advice or connections you need access to help you achieve your career goals. Dedicate time and purpose in crafting opportunities for connection. Attend *Where Do I Go From Yale*. Follow up via email with a panelist.

Remember, staying purposeful and proactive about expanding your network while strengthening relationships by giving can help you forge new connections, explore diverse opportunities, and enable you to flourish in your career.