

# PREPARE

## Benefits

- Career Advancement
- Career Development and Mentorships/Internships
- Build communication and interpersonal skills
- Build confidence and sense of belonging

## Mitigate Fear

- Do your homework!
- Set realistic goals
- Be selective
- Consider relevancy to your career path or interests
- Prepare questions and elevator speech

# To Network With Professionals

## Myths

- Extroverts are better at networking!
- Networking is “slimy” or inauthentic!
- Is it better to collect as many names as possible?
- Got your business card, so now we’re connected!

## Follow Up

- Find a reason to follow up
- Say “thank you”
- Stay in contact with your network
- LinkedIn & Email
- Keep looking for other opportunities to network!

Still nervous? Check out  
[mines.edu/vip](https://mines.edu/vip) for more resources!