

So, you are an introvert and either you avoid events like career fairs or networking receptions or you go and find them useless. Well, there are some things that you can do to boost your success and challenge yourself to utilize your strengths as an introvert to take on extroverted tasks like career fairs and networking.

**Tip #1** – Find yourself a buddy. This person should be someone who supports yet challenges you to push yourself. Your buddy may be a person that can attend these events with you or someone you can report your progress to (perhaps even in real time).

**Tip #2** – Set small manageable goals for yourself. For example, if you are going to a career fair for the first time, perhaps your goal could be to *speak* with 3 recruiters. The goal should be a challenge.

**Tip #3** – Create a *positive* reward for yourself for achieving the goal.

**Tip #4** – Prepare, prepare, prepare. It's important to set yourself up for success by doing your homework and being ready to attend the event. One of the strengths of introverts is that they spend a fair amount of time in reflection and being by themselves. You can utilize this time before the event to focus on your preparation.

**Tip #5** – Practice, practice, practice. Start in front of the mirror with your prepared pitch and plan for interaction with the recruiter. Then branch out to utilizing your buddy to practice with. Make sure that you are comfortable with your pitch and plan, but don't make absolute comfort the goal — a little nervousness is good and heightens performance.

**Tip #6** – Learn to brush yourself off. When it goes great, it's a motivator to talk to the next person, but sometimes it won't go as well and you **MUST** learn to brush your shoulders off and move on. This can be a helpful time to have your buddy to support you to continue and move on. Ruminating about it useless-it will only sabotage you. Just move on.

**Tip #7** – Remember to follow up with the contacts that you met. It's important to keep the relationship going.

**Tip #8** – Plan your next event. If you have trouble with fairs and networking events, the worst thing you can do is avoid them because you will *never* get better. Also, you lower your chances of getting a job because most positions are found through networking. Face your fears and slowly build up your skills.

**Tip #9** – Find a career coach. At UCS, we can help you develop a solid plan for job or internship search and can also help you address issues with networking that may be harder to address with your buddy.

**Tip #10** – Be proud of yourself. You have to give yourself credit for all the steps that you take forward and for being committed to personal growth which is critical to professional growth.

from <http://blogs.baruch.cuny.edu/scdc/2010/04/05/career-fair-tips-for-introverts/>