

# Strategies for Networking as a Psychology Student: Navigating the Online & In-Person Waters



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# What is Networking?



Interacting with professionals or peers to exchange information and develop relationships during your career.



# Who Belongs to Our Network?



- People in our field and people who are not in our field.
- Example – A psychology student will interact with:
  - Other students
  - Psychologists
  - Occupational therapists
  - Social workers
  - Community members

**EVERYONE!**

# Benefits of Networking



- **Gain contacts to increase your career/employment/post-graduate education opportunities**
- **Receive advice from experts in the field**
  - Build mentoring relationships to develop your career
- **Build relationships with others**
  - Increase collaboration opportunities
  - Have a larger network to share resources with
  - Have a larger network to ask questions, help, tools
- **Personal development**
  - Gain confidence
  - Gain different perspectives
- **Discussion:** Are there other reasons you network?

# Basic Strategies for Networking



## **Discussion:**

- What strategies do you find useful for networking?
- What are some things you can do throughout the rest of this conference to take initiative on networking opportunities?
- Are there any challenges you have faced while networking and did you find ways to combat them?

# Digital Vs. In-Person Networking



	Digital networking	In-person networking
<i>Examples</i>	<i>Email, social media (Twitter, LinkedIn, ResearchGate...)</i>	<i>Conferences, seminars, networking events</i>
Pros	<ul style="list-style-type: none"><li>• Can be less intimidating</li><li>• More connections, quicker</li><li>• Online communities (e.g., #AcademicTwitter, #PhDChat, #ScholarSunday)</li><li>• Not limited by geographic location or event attendance</li></ul>	<ul style="list-style-type: none"><li>• Easier to “put a face to a name” and be recognized yourself</li><li>• Openness to networking</li><li>• Easier to judge interpersonal compatibility</li><li>• Meeting different types of people</li></ul>
Cons	<ul style="list-style-type: none"><li>• Quantity vs. quality of connections</li><li>• Harder to make meaningful connections</li></ul>	<ul style="list-style-type: none"><li>• Can be difficult to put yourself out there and decide who to talk to</li><li>• Travel or other expenses</li></ul>

# Digital Vs. In-Person Networking



## Discussion about digital vs. in-person networking:

1. Can you think of other pros and cons of the different networking types?
2. What challenges do you face when approaching digital vs. in-person networking?
3. Which method are you most comfortable with and why?



# Finding a Balance



- Can in-person and digital networking be used to complement each other? How?
- What are some different ways to use both digital and in-person networking in conjunction, particularly with the follow-up of a first encounter?



**Adina Coroiu, PhD** 🇨🇦 @Adinica · May 17

Replying to @chelseavmoran @CPA\_SCP @cpa\_students

I follow people based on common interests and have made a list of those who I'd like to contact. I am about to send an email and try to meet a researcher in person, if they are free next month- will be travelling to their country/city for vacation and I thought why not.

