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

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<th><strong>Digital networking</strong></th>
<th><strong>In-person networking</strong></th>
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<td><strong>Examples</strong></td>
<td><em>Email, social media (Twitter, LinkedIn, ResearchGate...)</em></td>
<td><em>Conferences, seminars, networking events</em></td>
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<td><strong>Pros</strong></td>
<td>• Can be less intimidating&lt;br&gt;• More connections, quicker&lt;br&gt;• Online communities (e.g., #AcademicTwitter, #PhDChat, #ScholarSunday)&lt;br&gt;• Not limited by geographic location or event attendance</td>
<td>• Easier to “put a face to a name” and be recognized yourself&lt;br&gt;• Openness to networking&lt;br&gt;• Easier to judge interpersonal compatibility&lt;br&gt;• Meeting different types of people</td>
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<td><strong>Cons</strong></td>
<td>• Quantity vs. quality of connections&lt;br&gt;• Harder to make meaningful connections</td>
<td>• Can be difficult to put yourself out there and decide who to talk to&lt;br&gt;• Travel or other expenses</td>
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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?