ESPO Professional Development Webinar Series

Supported by the GSA Innovation Fund

Networking: Building Solid Career Connections for Emerging Scholars and Professionals

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Professional Networking:
Strategies for Creating and
Maintaining an Effective
Network

Katherine S. Hall, PhD
Networking: Why is it Important?

• Informational
  – Learn about training/career options and expand your network
• Professional
  – Identify and establish collaborative relationships
Networking: Where

- Internet based
  - Finding like-minded people in your field (connect) and (follow) what they are doing
    - 32% = do not use
    - 22% = ResearchGate
    - 17% = LinkedIn
    - 17% = Twitter, Facebook, or Google
    - ? GSA Connect?
  - Reach out with purpose
Dear Dr. Park,

Hope all is well, I was a student in Eddie McAuley’s lab years ago. I am now at Duke University, but still remember my days at UIUC fondly.

- Katherine Hall
Networking: Where

- Internet based (cont.)
  - Establish rapport on-line
- Attend professional meetings
- Reviewer-in-training
Networking: Who

• Senior scholars
• Start with your “family tree”
  – Advisor & his/her network (30%)
  – Your cohort and cohorts before you
• Peer-to-peer networks (4%)
• Publications
• Individual web pages
Effective Networks

• Who’s in YOUR network?
• Be selective
  – This does not imply a narrow focus
• Quality over quantity
• Multi-purpose
  – Professional development, career, scholastic
• Networks are dynamic
My Local Area-NC, USA

Duke/DUMC Post-doc assoc.

Duke Pepper & Aging Centers

Durham VAMC (CDA)

Society of Behavioral Medicine

GRECC

MVH SIG

Aging SIG

Decision Makers Across Dept. of Veterans Affairs/NCP

Health Authorities Across US

Government Organizations (NIA)

Collaborators at Other Universities
- Univ. of Illinois
- U of Florida
- NIA
- Univ. of Virginia
- Tufts
- Bowling Green

Link to Graduates & Emerging Scholars Nationally

Link to Other National Student Organizations

GSA/ESPO

IAGG (international)

Individual International Collaborators

Czech Republic

United Kingdom

Korea

Australia

Canada

Congress Committees
- IAGG-NARC
- IAGG-CSO
- IAGG 2017 planning cmt

ACSM: SHI Aging Committee

IAGG Collaborators at Other Universities
- IAGG-NARC
- IAGG-CSO
- IAGG 2017 planning cmt

#geronetworking
@geron society
Networking: Maximizing Effectiveness

• Reflect on how networking can benefit you
• Research events & people
  – Make your networks work for you
• Brainstorm questions
• Set goals for the interaction
• Forget you are working
• Elevator speech(es)
Poll Question

Have you prepared your 30 second elevator speech, and have you practiced it out loud?
Networking Dos and Don’ts

• Don’t directly ask for a job, admission to graduate school, etc.
• Business cards (62% = YES)
• Follow up with purpose
  – “You might not/probably don’t remember me…”
Coffee in 2011, Collaborators in 2016

2011
- GSA/HBC Interest Grp.

2013
- ESPO Chair (KH)
- Webinar TF (JH)

2015
- ESPO Chair-Elect (JH)
- Networking webinar

2016
- Symposium: Society of Behavioral Medicine mtg.

Coffee in 2011, Collaborators in 2016
Tips for Networking at the GSA Annual Meeting

Jaime Hughes, MPH, MSW
Poll Question

Have you attended a GSA Annual Scientific Meeting in the past?
Networking at the Annual Meeting

• What are your goals for networking at the Annual Meeting?
  – Build professional network
  – Professional development and/or career advice
  – Discuss admission to academic program(s)
  – Learn about internship or postdoctoral fellowship opportunities
  – Search for a permanent position

• Who do you want to meet or talk with?
  – Other emerging scholars
  – Junior faculty
  – Senior scholars
Prepare before you go!

• Know your personal networking preferences and/or style
  – Planned encounters
  – Chance encounters
  – Formal or informal conversation

• Discuss your networking goals with your mentor and fellow emerging scholars

• Develop a storyline of your experience(s). Practice your “elevator speech” with friends and colleagues outside of your discipline.

• Have materials ready (business cards, CV, handout of poster or presentation)

• Review the Annual Meeting Program Schedule
General Networking Opportunities at the Annual Meeting

- Mentoring Consultancies
- GSA New Member Breakfast
- Section Luncheons
- Poster Sessions
- Scientific Sessions
- Interest Group Meetings
- Evening receptions and programs
- Hotel lobby and elevators
- Unexpected places (think Space Mountain!)
ESPO Networking Opportunities at the Annual Meeting

• ESPO Breakfast and Community Meeting
• ESPO Awards and Networking Reception

• ESPO Presidential Symposium
• ESPO Section Symposia (BS, BSS, HS, SRPP)

• ESPO International Task Force Coffee Hour

• ESPO Lounge
• ESPO Mentoring Consultancies (pre-registration required)
Networking After the Annual Meeting

• Follow up with individuals you met at the Annual Meeting
  – Email
  – Social media

• Continue networking through social media outlets

• Get involved in ESPO and other professional organizations

• Share your networking ideas and needs with ESPO – how can ESPO help you throughout the year?
Questions?

Supported by The GSA Innovation Fund

GSA

• The nation's oldest and largest interdisciplinary organization devoted to research, education, and practice in the field of aging.
  – 5,500+ interdisciplinary members around the world touching all facets of aging

• Mission
  – Promote multi- and interdisciplinary research in aging
  – Translate and disseminate research findings
  – Promote/advocate for education/awareness on aging across disciplines
  – Foster application of research into policy development

• To view past ESPO Professional Development webinars, along with other GSA webinars, visit geron.org/webinar.
• Email espo@geron.org for additional questions.