



### Mingling and Working a Room Session – September 7, 2012 Interests/Skills/Accomplishments Exercise for Alumni Events

When you meet with **alumni**, think of the experiences/impressions you have already had with university life, from Cornell hockey games to loving Wegmans. Weaving these moments into a conversation creates a common denominator that can forge a genuine connection. When attending a **career-focused event**, have stories highlighting your skills. This worksheet helps form your stories. Most important, become proactive in creating and carrying on conversations. You will often find people love talking about themselves. so asking thoughtful questions can also create a positive first impression.

#### STEP ONE

**Alumni Focused:** List and describe 3 experiences/impressions (or accomplishments) re: Cornell

**Career Focused:** List and Describe 3 accomplishments (personal, volunteer or professional) that you are proud of – these do not need to be “blue ribbon” events, but situations where you felt successful.

#### Alumni Focused Examples

#### Career Focused Examples

1.	1.
2.	2.
3.	3.

#### STEP TWO

List 2-3 skills (or personal traits) associated with each accomplishment. Recognize what strengths would be associated with these skills

#### Alumni & Cornell

#### Career

Example 1	Example 2	Example 3	Example 1	Example 2	Example 3
1.					
2.					
3.					

#### STEP THREE

Identify specific stories or “moments in time” you could talk about that highlight your skills. When pursuing a job, think about these skills as the transferrable assets you uniquely offer to a job.

#### Stories for Alumni re: Cornell/Ithaca

#### Stories when seeking Job/Internships

A)	A)
B)	B)
C)	C)