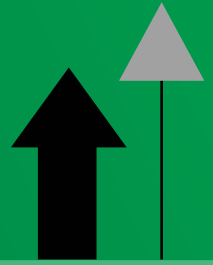


# Building



## REPP (Reflect, Explore, Prepare, Pursue)



Throughout the process of building relationships with others in the professional arena, remember to **reflect** on what your goals are, **explore** for conversations and interviews to get closer to your targets, and be ready to **pursue** the opportunities that arise because of the community you have built.



- Brainstorm or use AI to generate ideas about what engages your attention and meshes with your interests/what you want to do professionally.
- Looking at your ideas, research people you know – family, friends, faculty, and people you have worked or volunteered with who might have connections to what interests you.
- Create a spreadsheet with the names of the people, their title and company, their contact information (email, phone, mailing address), and space to make notes on what you talked about.
- Contact the people on your list (see sample email below), arranging meetings that work for them. Be mindful of health protocols, and determine how you will meet – phone, virtually, in person.



- Primary contacts can also be a great source to connect you with people other professional arenas besides their

interested in pursuing.

During the meetings, share your curiosity, ask good questions, note highlights of the peoples' career journeys. Ask them if they have any advice for you (see sample question section later in this guide).

- Note your discoveries from the conversation on the spreadsheet, giving yourself time to understand what your observations mean to you and your career exploration.
- Send a thank-you via email or hand-written note within gratitude for them sharing their time and noting the highlights of what you learned from talking with them.

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