



Networking Tips for Young Adults

Because “who you know” starts with “hello”

What Networking Really Means

Networking isn’t just handing out business cards or collecting LinkedIn connections. It’s about building relationships, sharing ideas, and showing up as your real self. Whether you’re looking for a mentor, job lead, or creative collaborator, connection is key.

Tips for Natural Networking

Start Small & Genuine

- Say hi to someone new at school, work, or events
- Ask questions like “What brought you here?” or “What do you love about what you do?”
- Share something about yourself—your interests, goals, or current projects

Use Digital Tools Wisely

- Keep your LinkedIn or portfolio updated
- Send a short message when connecting: “Hi! I admire your work in ___ and would love to stay in touch.”
- Follow up after events with a thank-you or quick note

Be Curious, Not Calculating

- Focus on learning, not impressing
- Listen more than you talk
- Ask for advice, not favors: “What helped you when you were starting out?”

Prepare Your "Mini Intro"

- Who you are
- What you're interested in
- What you're working on or hoping to explore

Example: "I'm a student interested in digital design, and I'm building a portfolio of mental health resources for teens."

Networking Goals to Try

- ☐ Introduce yourself to one new person this week
- ☐ Attend a workshop, club, or event
- ☐ Send a follow-up message to someone you admire
- ☐ Ask a teacher, coach, or supervisor for a coffee chat
- ☐ Join an online community or forum in your field

Printable Ideas to Pair With This Guide

- "Networking Tracker" with space for names, notes, and follow-ups
- "Mini Intro Builder" worksheet
- "Conversation Starters for Events" scroll
- "Follow-Up Message Templates"
- "Confidence Cards" with affirmations like "I belong here" and "My voice matters"

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