THE 3 COMPONENTS

WHO YOU ARE?

Name, education, and what are you looking for?
 (college, internship, job, volunteer experience)

WHAT YOU DO?

 Class you took, skills you have, organizations you were part of, past work/internship/volunteer experience

WHAT YOU WANT TO DO?

- What is your goal?
- What is your passion?

EXAMPLE: HS SUMMER JOB

I am Elizabeth and I am a senior at ABC
High School. I am looking for a retail summer job.
I've worked with my father at swap meets since I was young so I know the value of punctuality and have strong customer service skills. I hope to expand my knowledge about sales.



EXAMPLE: COLLEGE GRAD

I am Elizabeth and I have a Masters Degree in Guidance and Counseling. I have 6 years experience working with student support programs at universities. I am passionate about working with disadvantage students and helping them through their high school to college transition and university trajectory. This counseling position would be a great opportunity to give back to those most in need.



WHAT IS AN ELEVATOR PITCH?

- Summary of your background and experience
- Answers the question "Tell me about yourself."
- It is 30-60 seconds long
- Requires practice, practice, practice
- Encourages talking slowly, not rambling, and avoiding monotone voice

EXAMPLE: FOCUSED INTERNSHIP

I am Elizabeth and I am a third year, Marine Biology major at ABC College. I am looking for an internship with the Monterey Bay Aquarium to gain hands on experience. I have done shark and sea lion research as an undergrad wit my professors and I am a leader with the Under the Sea student organization. I am excited for this opportunity to work under one of the top aquariums in the state.





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