

Building Your Professional Network

Surrounding yourself with a network of supportive individuals while a graduate student or postdoc is important to a successful experience. Rather than trying to identify one person to provide you with everything, develop a broad network that can serve to support you in many different areas. Use the chart below to keep track of your network over time.

Professional Development	Internal	1
		2
	External	1
		2
Intellectual Community/Research	Peers/Colleagues	1
		2
	External Collaborators	1
		2
	Faculty	1
		2
Safe Space	Supportive Individuals	1
		2
Mentors	Peer	1
		2
	Internal	1
		2
	External	1
		2
Emotional Support/Well Being	Friends/Family	1
		2
	Other	1
		2
Organizational Groups	Supportive Individuals	1
		2