

International Bridge Program: Enhancing Communication & Networking Skills for Personal, Academic & Professional Success

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Introduction
Personal
Academic
Professional
Resources
Questions

Agenda



Communication for Personal Success

The Value of Balance

- Work and relaxation time
- Time alone and time with others
- Socializing with people of a similar background (same country, language, religion, etc.) and time with people of different backgrounds
- Socializing with other international graduate students (both from your own country and other countries outside the U.S.) and time with people from the U.S.

Making New Friends

- What difficulties or barriers have you found in developing new relationships?
- What things have you found helpful in developing new relationships?

Some Basics in Approaching New People

- Share some things about yourself. It helps people to get to know you and hopefully feel more comfortable with you and want to learn more about you.
- Ask people about themselves. Most people like to feel someone is interested in what they do, where they're from, what they're interested in, etc. It also takes pressure off you to keep talking. Be a good listener.
- The next time you see the person, ask a follow-up question about what they told you before – e.g., How was that trip you were planning to go on?
- Be patient. Friendships don't always bloom immediately. People often get more comfortable with someone after they've met several times – e.g., in class, in work groups, at departmental activities, etc.
- Not everyone you meet will turn out to be someone you want for a friend, but the more people you approach, the more likely you are to find someone who will be a good fit for you.

Watch Out for Negative Self-Talk

- Identify and challenge negative thoughts that might interfere with making friends.
- We all at times interpret a situation in a negative way that may not be accurate and may cause us needless distress – e.g., “That person isn’t talking with me. She doesn’t like me.” In fact, she might just be shy and as afraid to approach you as you are to approach her.
- When you’re feeling sad or insecure, ask yourself what you are saying to yourself that is contributing to that feeling, and ask yourself if there might be a different possible interpretation as to what the situation means – e.g., If you find yourself thinking “I don’t have any friends. I’ll never have any friends here. I should never have come.” – You can challenge this with statements like “Just because I haven’t made any good friends yet doesn’t mean I won’t make friends. Perhaps I can try to initiate conversations more, or join in on some activities where there will be more opportunity to get to know other people, or perhaps I could talk with someone at the Counseling Center to help get more ideas about meeting people and making friends here. I’m going to avoid assuming the worst and instead focus on positive steps I can take to make things better.”

Resources

- Read newspapers and on-line news to increase your knowledge of local activities and to enhance your fluency with English and with local customs
- Read the JHU NewsLetter to learn of activities on and near campus
- Get involved with the GRO – Graduate Representative Organization
<http://gro.jhu.edu/social/>
- Consider some of the many JHU clubs and organizations – many aimed specifically for graduate students <http://gro.jhu.edu/clubs/listing/index.html>
- Office of International Scholar and Student Services <http://oiss.jhu.edu/>
- JHU Counseling Center <http://web.jhu.edu/counselingcenter>
- JHU Campus Ministries
<http://web1.johnshopkins.edu/chaplain/index.php/home.html>
- Even as you're working at developing new relationships here, be sure also to stay in touch with family and friends from home and other places you've lived



Communication for Academic Success

Communication With Professors/Teachers

- Different Communication Styles
- Class Participation
- Rules of Address
- Keeping Appointments
- Personal Problems: How Much and What to Share

Tips for Academic Success

- Attend classes regularly and don't sit in the back
- Know your teachers and TAs
- Know your academic advisors
- Locate resources for writing help

Tips for Academic Success

Contd.

- Schedule adequate study time for each class
- Use a Calendar or a Daily Planner
- Be Organized
- Talk to your professors early and often
- Ask for help when you need it
- Keep Your Eyes on the End Goal



Communication for Professional Success

Identify & USE your Network

- Friends & Family
- Professors, Teachers, Mentors
- Supervisors, Co-workers
- Professional Associations, Conferences
- Hopkins Alumni
- Social Events

Networking Resources

- Alumni Association (www.alumni.jhu.edu)
 - Johns Hopkins Connect <https://connect.jhu.edu/>
- Career Center
(<http://studentaffairs.jhu.edu/careers/>)
- Social Media
 - LinkedIn (<https://www.linkedin.com/>)

Company Research

- Mission, Values, Goals
- Organizational Structure
- Locations
- Potential Contacts
- Products & Services
- History – what's old
- News – what's new
- TIP: spend time on a potential contact's employer website to learn more.

Social Media Etiquette

- Proper grammar and spelling
 - NO txt msg speak!! LOL!! :)
- Customize LinkedIn emails
- Explain who you are
- Respond to all messages within one week

Dear Ms. Martinez,

I am a graduate student at Hopkins majoring in XXX. On your LinkedIn profile, I found that you graduated from JHU and that you have experience with XXX. Your career path looks really interesting. Could we set up a time to talk about what it takes to be successful in XXX and what I can be doing to prepare? I am grateful for any advice or information you would be willing to provide to me.

Thank you for considering my request.

Yolanda Ward

Elevator Speech

- Hello, my name is ____ I am a graduate student at Johns Hopkins studying ____.
- What are the 2-3 most important things I want this contact to know about me?
- Add key selling points that support and prove the first two statements.
- What separates me from my competition?
- End on a question: ask for meeting or information.

Informational Interview

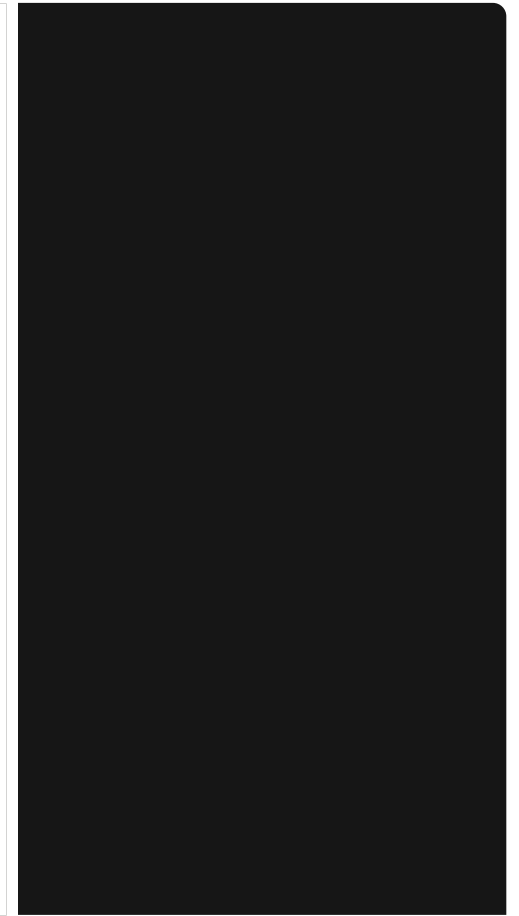
- Meeting
- Low-stress situation
- Up-to-date information on the industry
- Helps you focus
- Learn the culture and requirements
- Competitive edge in interviewing
- Develop self-confidence
- Ask for referrals to others in the field

Networking Questions

- What are your primary job responsibilities?
- What experience did you have when applying for your job?
- What type of professional and personal skills does it take to succeed at this type of work?

Thank you Notes

- ALWAYS write a thank you note
- Thank them for their time and resources
- Reiterate your interest in and enthusiasm
- Add any details that you forgot
- Correct any mistakes
- Keep in touch!



Summary & Questions

Resources

- Career Center:
<http://studentaffairs.jhu.edu/careers/>
- Counseling Center:
<http://web.jhu.edu/counselingcenter>
- Office of International Student & Scholar Services: <http://oiss.jhu.edu/>
- Alumni Association: <http://alumni.jhu.edu/>
- Writing Center:
<http://krieger.jhu.edu/writingcenter/>
- Graduate Representative Organization:
<http://gro.jhu.edu/>
- Campus Ministries:
<http://web1.johnshopkins.edu/chaplain/>

Events & Services

- The Counseling Center serves full-time undergraduate and graduate students from the Krieger School of Arts and Sciences, the Whiting School of Engineering at Homewood, and the Peabody Conservatory.
- Support Groups:
 - http://web.jhu.edu/counselingcenter/services/group_therapy/schedule
 - Graduate Student Therapy Group
 - Dissertation Group
 - International Student Support Group
- The Career Center serves all full-time students (freshmen through PhD candidates, post-docs, and post-baccs) in the Krieger School of Arts & Sciences and the Whiting School of Engineering at Homewood.