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JOB SEARCHING AS AN INTROVERT

What strengths do I bring to the table as an introvert?

Many introverts have been told at one time or another that their personality type is not outgoing enough for the workplace. Here are a couple strengths to consider talking about in an application or interview process:

- The ability to connect in one-on-one and small group environments
- Being a great active listener and empathizer
- The ability to be well prepared and have well thought out contributions and answers within a workplace or meeting environment
- Being a great independent and self-motivated worker

How do I network effectively as an introvert without feeling overwhelmed?

At large in-person events and conferences, don't feel pressured to talk to everyone in the room! Follow these guidelines:

- Focus on one or two deeper, quality conversations that you're willing to continue after the initial meeting
- Bring an extrovert buddy with you to have friendly support and make breaking into conversations easier
- Prepare 1–3 small talk topics to have on hand in case you need them
- Take breaks! Locate an "escape" space you can easily access to step out and have some quiet time to yourself
- Remember, there are more people than you think that identify as an introvert even when they may seem extroverted at an event. You're not alone!



Practice virtual interviewing from the comfort of your home or residence hall. Log in with your UNCG credentials and practice thousands of questions! uncg.biginterview.com



Schedule a one-on-one appointment through Handshake to chat in-person or virtually with a career coach to talk more about your strengths, or schedule a Practice Interview appointment!

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