

Informational Interviewing & Networking

Networking

Who you know (and who knows you) is very important! Networking is something we do all of the time when meeting new people, and it can be a valuable career exploration activity. Putting yourself in situations to meet people in a career field that you are interested in is a great way to get information and future assistance with your career and job search.

Networking can be done by attending meetings, college, career or job fairs and social gatherings in your field of interest. Think about who is in your network now that would be a good resource. Your network can help you find good contacts for informational interviews and job shadows.

Informational Interviewing

Informational interviewing is done to get current information on careers, jobs, and/or places of employment *before* actually getting involved with them. It is a vital part of career research. It is also a way to get very specific questions answered and get other contacts for your network.

It is NOT a part of the job hunt, meaning, you are not interviewing for a job, but rather interviewing individuals actually working in the occupation that you are interested in learning more about. Often informational interviewing can help with future job searches because it is a form of networking, but this is not the main purpose of the informational interview. A job shadow may also be arranged from an informational interview.

Informational interviews should be done with people actually doing the work that you think you want to do, or who are most attractively placed in the field that you want to be in. They can often help you figure out how to best combine your interests and skills.