Research Rookies Reception

Monday, November 2, 2015
6:00pm to 8:00pm
Altgeld 125
General Information

• Event to recognize and honor you & your mentor
• Opportunity to introduce your project to other mentors and some of the NIU administrators
• Monday, November 30 from 3:00-4:30pm in Altgeld Auditorium
  – Please arrive at least 15 minutes early!
  – You will be excused from class
What to Wear

• **Business casual attire**
  • Tops
    – Nice shirt, polo, or blouse
    – Long-sleeve button-up shirt
    – Suit jacket (optional)
  • Bottoms
    – Dress pants or nice khakis *with a belt*
    – Skirt or dress (knee-length or slightly shorter)
  • Feet
    – Dress socks & dress shoes
    – Nice flats or heels that *you know you can walk in*
  • Accessories
    – Hairstyle that stays out of your face
    – Light jewelry
    – Tie or bowtie
    – Nice watch
What Not to Wear

• Tops
  – Low-cut, sleeveless, and/or tight shirts
  – Dresses with open backs and/or cut-outs
  – Crop tops
  – T-shirts, sweatshirts

• Bottoms
  – Short skirts or dresses
  – Jeans, sweatpants, yoga pants, or leggings
  – Saggy pants

• Feet
  – Gym shoes, boots, flip flops
  – Heels that are too tall and/or difficult to walk in
  – Mismatched, colorful, or athletic socks

• Accessories
  – Gaudy jewelry
  – Too much perfume/cologne
Networking

• Market yourself and make connections
• Don’t be afraid to go up to someone and introduce yourself!
• Start with a **firm** handshake
  – Palm to palm
  – One to two pumps
  – Eye contact
• Listen AND talk (don’t just do one or the other)
• Exchange contact information at the end
  – Email, LinkedIn, etc.
  – Business cards
• Follow-up within one day
  – Make sure to mention what you discussed
Elevator Pitch

• Introduce yourself, your mentor, & your project
• 30 seconds or less
• Six things to include
  – Name
  – Year in school
  – Major
  – Mentor
  – Project focus
  – Project importance
Tips

- Practice!
- Have your faculty mentor or peer mentor help you
- Clear and concise
- Not too broad, not too narrow
- Give your speech to someone outside of your field of study
  - Avoid technical terms and acronyms
  - If they don’t understand it, revise it