THE IMPORTANCE OF NETWORKING

WHAT IS A NETWORK?

A network is a group of people or resources that can help make information and opportunities more accessible to each other.

HOW CAN THIS HELP ME TO TAKE ACTION?

Networking can give you ideas, give you access to knowledge and experience, help you gain support for your project, and finally, take the best action possible.
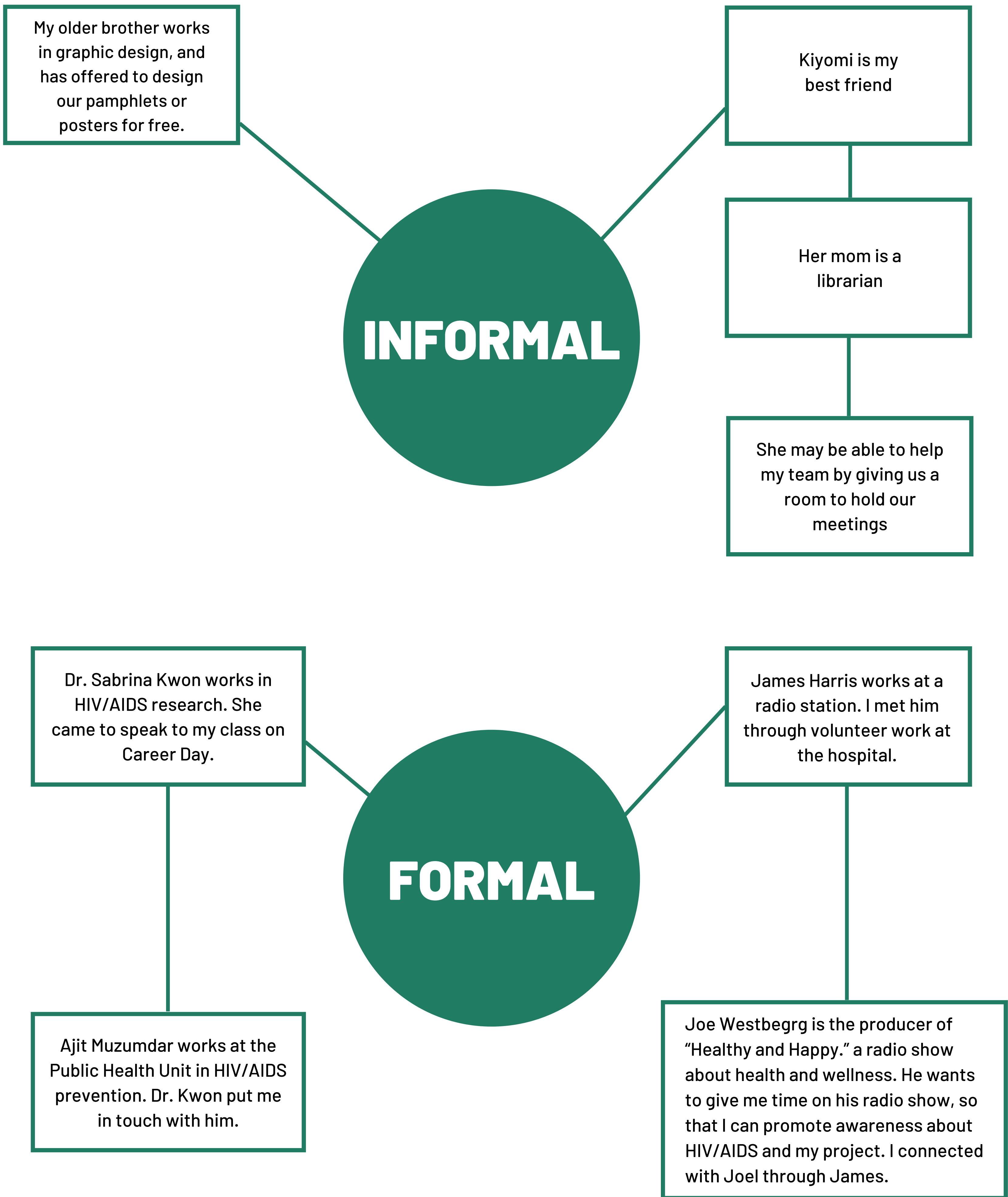
IDENTIFY YOUR NETWORKS

There are many types of networks. Informal networks include friends and family, and more formal networks include business contacts, people you meet at conferences, or people you know through volunteer work. Check out the examples of informal and formal networks below.

MAP YOUR NETWORKS

Draw a map of your formal and informal networks. As your project progresses, you will notice that your networks grow as you connect with more people. When building your network, keeping track of contact information is essential. The following chart shows examples of potential collaborations. Use the remaining space to keep track of your own contacts.

TIP: *Networking means using your contacts, so that you can exchange information, share ideas and ultimately strengthen the quality of your work. Building and maintaining your network is also a vital part of networking.*

MAP YOUR NETWORKS - SAMPLE

My older brother works in graphic design, and has offered to design our pamphlets or posters for free.

INFORMAL

Kiyomi is my best friend

Her mom is a librarian

She may be able to help my team by giving us a room to hold our meetings

Dr. Sabrina Kwon works in HIV/AIDS research. She came to speak to my class on Career Day.

FORMAL

James Harris works at a radio station. I met him through volunteer work at the hospital.

Ajit Muzumdar works at the Public Health Unit in HIV/AIDS prevention. Dr. Kwon put me in touch with him.

Joe Westbegrg is the producer of "Healthy and Happy." a radio show about health and wellness. He wants to give me time on his radio show, so that I can promote awareness about HIV/AIDS and my project. I connected with Joel through James.

MAP YOUR NETWORKS

INFORMAL

FORMAL