

## 1. WHO YOU ARE

Name: \_\_\_\_\_

Where are you from: \_\_\_\_\_

## 2. WHAT YOU DO

School: \_\_\_\_\_

Job/internship/specialty program: \_\_\_\_\_

Career goals: \_\_\_\_\_

## 3. HIGHLIGHT YOURSELF

What makes you stand out: \_\_\_\_\_

3 strongest skills: \_\_\_\_\_

Unique accomplishments: \_\_\_\_\_

## 4. CALL TO ACTION

What are you looking to get out of this pitch: \_\_\_\_\_

When/how would you like to connect: \_\_\_\_\_

Contact info: \_\_\_\_\_

### EXAMPLE:

My name is (1) \_\_\_\_\_, from \_\_\_\_\_.  
 I am/attend (2) \_\_\_\_\_ with the career goal of  
 \_\_\_\_\_. My strengths are \_\_\_\_\_, \_\_\_\_\_, and,  
 \_\_\_\_\_. Recently I (3) \_\_\_\_\_. I am here  
 today because (4) \_\_\_\_\_. I'd like to connect  
 further by \_\_\_\_\_.

## PUT IT INTO ACTION

Be MEMORABLE in 15 seconds or less. Your pitch should be easy to recite. You can adjust the template language to fit your speaking style. Remember you are speaking to a professional, not a friend. Don't be too casual.