



Self Introductions

IMPACT Program Curriculum



Think for a minute about how you normally introduce yourself at a networking meeting, or before a presentation, etc.

Would you say something along the lines of:

“I’m Dr. A, I’m a post-doc at X in the department of Y, doing Z”

How many people will you remember if you hear that 20 times at a given meeting?

How many people will remember you?



Self Introductions

The goal of this module is to give you some ideas of how to introduce yourself in a way that is more memorable.

Preferably people could say:
“Oh, that’s the one who...”



Situations of presenting oneself

Networking events

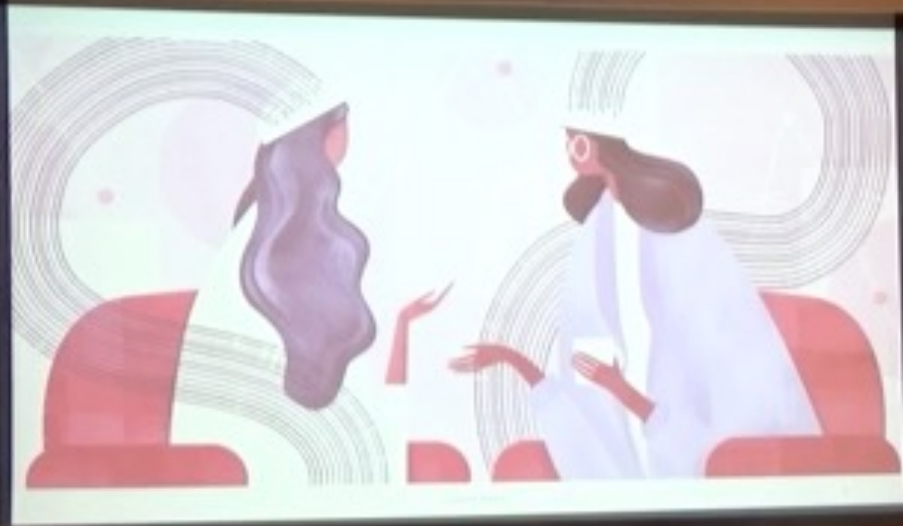
Round table (e.g. committee) meetings

Before presentations (either self-intro or giving information for a moderator to introduce you)

All have points in common that can be modified based on the situation

MLG – I got permission from the following people to use their self-intros in workshops; I don't think I explicitly asked for permission for them to be on the website

Do we need all these modules on the website? Not sure its critical to have this one on; it's kind of a side thing, similar to PDA which we don't go into on the website



What did you think of this one?

Somewhat personal

Indication of project



Andee Wallace

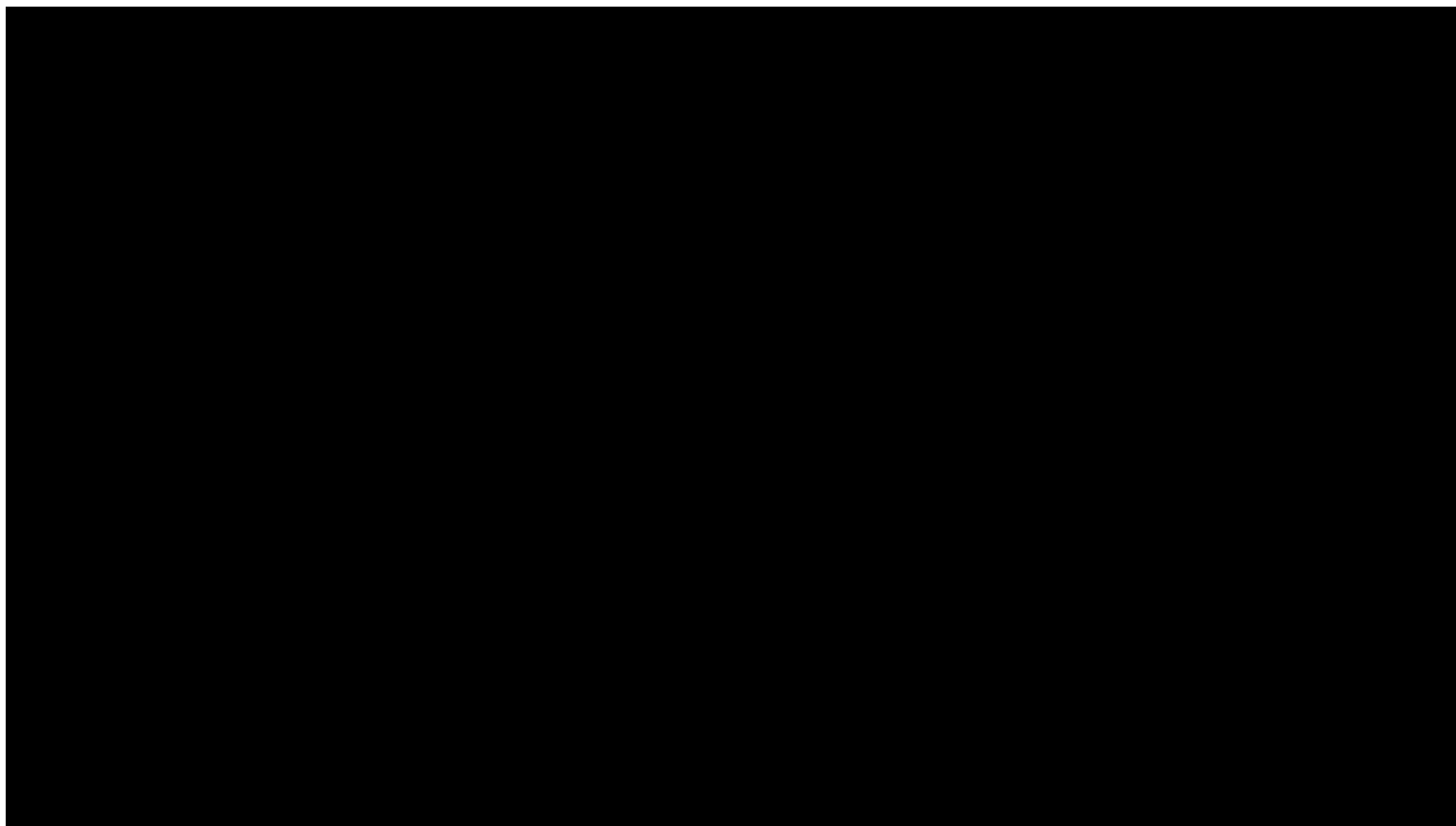
Slide 1



Not about herself

Intrigue about project, but not about the
project itself!

First slide does not (necessarily) need to
be the title slide



[Redacted Content]

Could be shortened

Catchy phrase (“recovering
mathematician”)



Simple

Made a connection afterwards
("one of my lab mates just moved this
past weekend")



Name at the end of self-intro

There does not need to be a direct connection between the self-intro and the project itself



Types of self-introduction material

- Personal information
- Personal motivation for work / project
- Not personal at all, but *not about the project per se*; getting audience piqued to hear about project
- Catchy phrase
- Humor
- Very personal story



Can be modified for different situations,
e.g. for a quick meeting

- I'm at BU now, but actually had 2 post-docs in 2 different countries before this one.
- I'm at Tufts; and I'm one of the few training in Boston who actually grew up here!
- I've been really fortunate to be able to combine my interest in art and my research into ...
- I have 2 main passions; one is ... research and one is ...



We encourage you to try out different approaches to this so that you will be prepared if the situation arises for a personal introduction.

This is obviously very situational (sometimes you're asked to give "name, institution, field") but getting used to doing this and coming up with examples will make it much easier when an appropriate situation arises.

If you're having trouble coming up with ideas, ask yourself questions; e.g., 'what brought you to Boston', 'what aspect of your work do you like the most', 'what is special about your name', 'what excites you', etc. Think about "fun facts"!