



## CHI's Diversity Career Fair – Helpful Hints for Being At Your Best

### Before the Diversity Career Fair

- Reflect on your unique strengths, gifts and talents.
- Visualize yourself asking questions, responding to questions and interacting with individuals at the Diversity Career Fair with confidence, competence, and relative calm.
- Be sure that you get at least 7-9 hours of sleep the evening before.
- Remove any external or internal distractions at least 2 hours before the beginning of the Diversity Career Fair so that you are in the “right mental state” to perform at your best.

### At the Diversity Career Fair

- Acknowledge that you may feel a bit “nervous” and all that means is that you “care.”
- Recognize that the job search process is a “two-way street” and that employers are searching for talented individuals such as yourself.
- Be fully present by focusing on mindful listening and presenting your WHOLE self.
- Remember that if you feel “tripped up” by a question, comment, or interaction, the job search process is not an event but a process and that you can recover.

### After the Diversity Career Fair

- Pause to remember what you did well and congratulate yourself.
- Stop to reflect upon one or two things you may do to improve at the next Career Fair or similar event.
- Reach out to those who have helped you in any way and express your gratitude.