An **elevator pitch** is a brief introduction, under 1 minute, which prompts the listener to ask questions or share information.

### Who am I?
(e.g., name, university, class standing, major)

**Example:** Hi, my name is John. I’m a Psychology and Social Behavior major at UCI and I’m graduating next June.

### What am I seeking?
(e.g., a job or internship, exposure to a certain field, obtain information about an industry)

**Example:** I’m really interested in a career in Human Resources.

### What can I offer?
(e.g., highlight relevant experience, skills, and achievements)

**Example:** I actually worked as an office assistant last year and oversaw a busy front desk, and helped process new employee paperwork.

### What is my objective?
(e.g., learn about opportunities in a certain field, start a conversation, make a connection)

**Example:** I researched Company X and saw that it has entry-level jobs at its L.A. office. Can you tell me more about those opportunities?*
*Perhaps end with a question

### When to use your elevator pitch
- At a career fair
- At a volunteer fair
- at a networking event
- When someone asks "What do you do?"
- In your cover letter
- In an introduction email

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**Practice, practice, and practice some more until your elevator pitch is easy to remember and say.**

“Opportunity does not waste time with those who are prepared.”
- Idowu Koyenikan