

Tufts Career Center FAQ of the Week

I would like to reach out to Tufts alumni for career conversations, but I'm concerned that I'll be bothering them in the midst of a stressful time. Any tips?

That's an understandable concern, and it's appropriate to be thoughtful in making your requests. Rest assured, people DO still want to help you. Helping others is a way of increasing one's own happiness, and many alumni (and others) will gladly say 'yes.'

Here are a few things to consider as you reach out:

Acknowledge the current situation. You may want to lead with a few sentences that convey your empathy and flexibility. For example, "With everything going on right now, I imagine that you're very busy. Would it be possible to arrange a 15-20 minute chat over the next few weeks?" (This student asks to speak sometime in *the next few weeks* as opposed to *this week*.)

Be flexible. Even if the person you'd like to speak with isn't available right away, it doesn't mean that the conversation won't happen. Keep a list of the people you contact and circle back with a polite follow-up note if you haven't heard back after a few weeks.

Check out the Tufts Career Guide for sample outreach messages.



Explore



Build



Launch