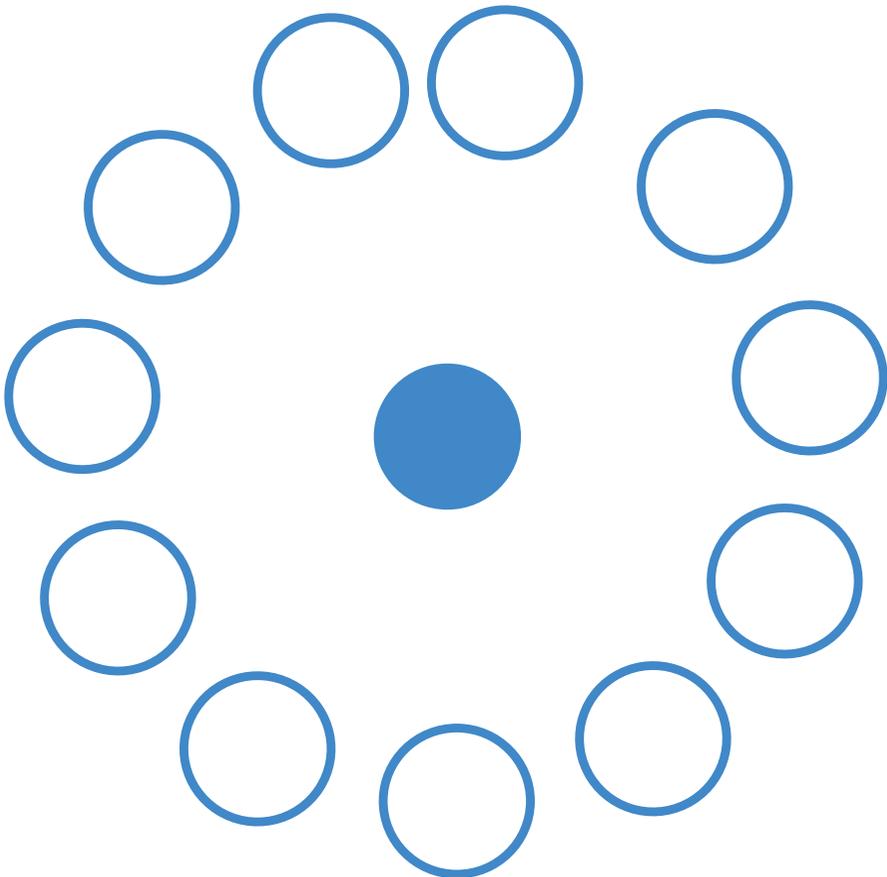


Tool for PhD students: Self-assessment of professional networks

The simple network diagram below represents you at the hub (blue circle), and represents your links to a number of professional contacts (empty circles).

1. In each empty circle, insert the names of the main people who you currently network with for your career development.
2. On a scale of 1 to 5 (1 = very weak, 5 = very strong), rate the current relationship strength between you and each of these contacts. Draw a full thick line between you and this person if the relationship is strong i.e. 3-5 on scale. Draw a dotted line if the relationship is weak i.e. 1-2 on the scale.
3. Looking at the network you have just drawn, identify similarities and differences among the contacts in terms of: age group; level in the hierarchy of their organisation; type of organisation; gender; educational background; and profession. Based on this information, the next two questions will prompt you to reflect on how diverse your network is.
4. To what extent are you 'reaching out' to people and organisations with interests, skills and professions that are different to yours?
5. To what extent are you 'reaching up' to people who are more senior than you?
6. On reflection, who would you add to your network and why?
7. What three actions will you prioritise to improve your network?
8. Discuss your network and actions with your PhD supervisor, or your careers office.



Adapted with permission from training material designed and developed (2006) by Dr. Claire Gubbins, Dublin City University Business School