Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLE 10

**It’s a Small World After All – Degrees of Separation**

**Objective:** This activity will get you thinking about the different relationships in your life and how those relationships can “weave a web” of networking. It is helpful to know how to use your current network to broaden your future network. After all, it’s all about whom you know… who knows someone… who knows someone else… and so on.

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**Watch the Youtube Video - The Science of Six Degrees of Separation (9 min)**

<https://www.youtube.com/watch?v=TcxZSmzPw8k>

Picture a dart board with three concentric circles. The center circle is your first degree contacts, the middle circle your second degree contacts, and the outer circle your third degree contacts. Come up with a list of first, second and third degree contacts in your network.

**First Degree Contacts:** These are the people closest to you – those people in your life who you love and can depend on. You see these people often and have good relationships with them. Examples of people in your first degree might include: parents and siblings, best friends, relatives, coaches, a significant other.

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| Name:  | Relationship to you: (aunt, best friend, sister) |
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**Second Degree Contacts:** The people in this group are those you “kinda-sorta” know – but you might only feel comfortable interacting with them occasionally. These people are aware of you, and you are aware of them, but you don’t have a close relationship. Some of these people might be those you say “hi” to in school or at the gym, the barista at the local coffee shop, the neighbor who waves to you while walking the dog. Examples of people in your second degree might include: co-workers, teachers, counsellors, your friend’s parents, neighbors, etc.

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| Name:  | Relationship to you: (friend’s parent, neighbour) |
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**Third Degree Contacts:** These are the people who you WANT to meet or know. These are people who could potentially help you with your post-secondary or career dreams. This could be anyone. Don’t underestimate yourself! Examples of people in your third degree may be local politicians, chef at a local restaurant, someone who is working in your dream career field.

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| Name:  | Relationship to you: (politician, CEO, chef, etc.) |
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Once you’ve created your list of contacts, consider your second degree contacts and why it might be beneficial to get to know these contacts better. What strategies can you use to strengthen your relationships with your second degree contacts? For example, take some time to get to know the barista’s name at the coffee shop, send your counselor a birthday card, or congratulate your neighbor on the birth of a child. It is often the small things we do that help make a connection with someone stronger, and this is what networking is all about.

For all your second degree contacts, state one way **you will** strengthen your relationship.

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Now, consider you third degree contacts, the people you want to meet. Develop a plan for possible ways to make contact with these people. You might think some of these people will be impossible to meet – but if you are patient, persistent, and up for a challenge, you just never know. The only thing that we know for sure is if you don’t try, you’ll never find out.

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