



## Elevate Yourself

*Summary:* Teach your child about how to promote themselves to future employers or colleges.

*Age Group:* For high school students

*Materials:* Notebook paper or computer

*Instructions:*

Upon completion of this activity, your student will have an elevator pitch they can use during their job search or college admission process.

1. You'll want to ensure your student understands the definition of an elevator pitch - a brief, high-energy presentation used by companies and individuals to promote their products and themselves.
2. Next, have them imagine they are interviewing for their dream job. Have them come up with an elevator pitch that they could use during the interview to land their job. Encourage your student to use the following questions when developing ideas for their pitch:
  - a. What matters to you?
  - b. What are you good at?
  - c. What do you have to offer a potential employer?
  - d. What is one thing people should know about you?
3. Have your child write or type out their elevator pitch. Be sure it includes the following:
  - a. Name
  - b. Desired position (position interviewing for)
  - c. Skills or interests that you could contribute to the position
  - d. Something about you that leaves a memorable impression

*Extension:* Have your child record themselves giving their elevator pitch. Encourage them to send the video to friends or family members to get their feedback and suggestions.

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