**DO YOU PROMOTE YOURSELF AND YOUR WORK?**

***Table Exercise #1: Sharing self-promotion experiences***

* Besides publishing and presenting at conferences, what have you done *in the past* to promote your work and yourself?
* Discuss one thing you will do *in the coming week* to promote your work and yourself – on campus or to your off-campus research community?

**Problem-Action-Results**

***Table Exercise #2: Construct your own PAR statement:***

Use a recent achievement.

* **Problem:** What needed solving?
* **Action:** What did you (and your team) do to address or solve the problem?
* **Results:** What was the outcome?

Write it out – be concise and make sure you SHINE gracefully by acknowledging the shared efforts of others!

Pitch it to each other in pairs – provide constructive feedback.