# Crafting Your Personal Introduction

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| **Ways you might introduce yourself** | **What you might say…** |
| **Personal biography:** your place of birth, family history, educational history, hobbies, sport and recreational interests, how long you have been at the university, and what your plans are for the future. |  |
| **Research and biography:** how you came to specialize in your chosen field, a description of your specific area of expertise, your current projects, and your future plans.  |  |
| **Mentoring biography:** How long have you been mentoring? Why is mentoring others in research important to you? What do you value in a mentoring relationship? |  |
| **Normalizing challenges/Promoting a growth mindset[[1]](#footnote-1):** What can you say to promote a growth mindset and normalize challenges in research? How can you frame your research group as a space where everyone can be successful? |  |

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*Find additional resources at* [*www.aspirealliance.org*](http://www.aspirealliance.org) *and* [*www.ceils.ucla.edu*](https://www.ceils.ucla.edu)

1. A growth mindset is the belief that intelligence can be developed. - students understand they can get smarter through hard work, the use of effective strategies, and receiving help from others when needed. [↑](#footnote-ref-1)