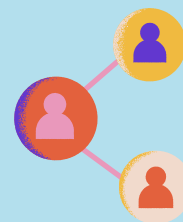


# How to maintain connections with instructors

Entering the professional world in your discipline of study for the first time can be intimidating. Maintaining connections with your instructors after graduation can help you **navigate** the job market and your instructors can be critical references for job applications.



Tips for staying in touch with your instructors after you graduate:

## Use professional networking platforms



Connect with your instructors on LinkedIn. You can comment on their posts and communicate on any professional matters. You don't have to do this with all of your instructors.

Maintaining online connections on career networking platforms with instructors who have significant experience in your field will help you develop a **strong support system** that you can turn to in moments of difficulty or confusion.

## Follow on ResearchGate and Google Scholar



If your instructor is not on LinkedIn, try to follow their work on ResearchGate or Google Scholar. This is a great way to stay up to date with their research. Plus, connecting with past instructors about articles they have written may help you find a **research project** that aligns with your interests.

## Connect regularly



Email your instructors a quick message at a major holiday or at **regular intervals** throughout the year. [Watch this video on tips for writing emails to instructors.](#)



Many students only communicate with their instructors after graduation when they need a favour like a reference or some form of assistance with a job application.



It is good to **connect** with your instructors to show that you **appreciate** their support and think of them even when you do not need their help

THANK YOU

## Catch-up!



Try to connect with your instructor in-person or over Zoom every so often. You can ask for advice on your **professional endeavours** and meet to have a quick catch up!



This work is licensed under a Creative Commons Attribution-Non-Commercial 4.0 International License. Teaching and Learning Services (2022), McGill University.

