

■ Elevator Pitch Worksheet

Craft a 30–60 second introduction that helps you stand out in school, interviews, or networking opportunities!

1. Who Are You?

Write your name, grade, and a quick statement about where you're from or what you're involved in.

Example: “Hi, I’m Jordan. I’m a junior at Eastside High School and a member of the robotics and debate teams.”

2. What Are You Interested In?

Talk about your academic or career interests.

Example: “I’m passionate about engineering and love solving real-world problems with creative solutions.”

3. What Have You Done?

Share a few key experiences, accomplishments, or strengths.

Example: “Last year, I led a team project that placed 2nd at the state science fair, and I also tutor middle school students in math.”

4. What Do You Want?

End with what you’re hoping for: a connection, opportunity, or just sharing your goals.

Example: “I’m looking to connect with people in the STEM space and learn more about summer internship opportunities.”

■ Final Touch:

Put it all together! Practice out loud. Time yourself. Keep it under 60 seconds.

Use this space to draft your full pitch:
