

WIC DIETETIC INTERNSHIP

How to be the Best Applicant

The Top Intern Applicants “Stand Out” because:

1. Top Intern Applicants are:

- a. Confident
- b. Outgoing
- c. Smile and have good eye contact
- d. Dress professionally



2. Top Intern Applicants come prepared and bring to the interview:

- a. Personal portfolios with examples of nutrition education or other program projects they've designed
- b. Examples of program management ideas they've proposed or completed (e.g. quality assurance or customer service surveys)
- c. Completion certificates from Spanish classes or Breastfeeding trainings

3. Top Intern Applicants GO ABOVE and BEYOND by:

- a. Finding ways to improve or enhance their place of work
- b. “THINKING OUTSIDE of the BOX” to do more for their organization and sharing their ideas with administration
- c. Getting positive recognition from upper management
- d. Doing more than just “showing up for work and doing a job”



4. Top Intern Applicants have a passion and show it!

- a. They have outstanding communication skills.
- b. They show a desire to work with a diverse population in the public health arena.
- c. They have an enthusiasm for serving a community and demonstrate cultural awareness.
- d. Top applicants are prepared and know what dietetics and the internship is all about.

5. Top Intern Applicants find ways to “Stand Out” and “Be Visible”

- a. Their organization knows them for having excellent Internal and External Customer Service.
- b. They support their Administration under all difficult challenges and changes.
- c. They demonstrate team building and rapport.
- d. Top applicants have excellent performance evaluations including attendance and promptness.



Projects an Intern Applicant can do ahead of time:



- 1. Meet with your supervisor for ideas on what you can do to improve or assist your place of work or organization. Look for leadership opportunities.**
- 2. Work on your written communication skills. If you're unsure ask for feedback from your supervisor and administration. Take a writing class if you need to brush up this skill.**
- 3. Take Spanish courses if you are currently not working in an atmosphere where you need to speak Spanish or if you need to improve your Spanish speaking skills.**
- 4. Get involved with community health or nutrition based programs such as the San Diego Coalition on Children and Weight, San Diego Nutrition Network, etc.**
- 5. Volunteer in a Food Service, Clinical or Community program if you don't have experience in any or all of these areas.**
- 6. Volunteer in community outreach events.**
- 7. Develop a portfolio with all of your awards, certificates and anything you've designed in the health and nutrition field. Think of it as a "Brag" Book.**
- 8. Practice your presentation skills. Do a mock interview with a co-worker, supervisor or manager.**