

# 6 tips for navigating dietetic internship open houses & interviews

small changes that can  
make a big difference in  
virtual communication



but first, a quick

# timeline

**01.**

reach out in  
advance

**02.**

create a professional  
appearance

**03.**

prepare questions

**04.**

rock the meeting

**05.**

follow up

**06.**

reflect

# 01. reach out in advance

Insert greeting of choice,

My name/school/year/major is \_\_\_\_.  
I'm interested in \_\_\_\_ in particular  
about your program. I'm writing to  
\_\_\_\_ ie. RSVP to open house. I'm  
looking forward to \_\_\_\_\_. Thanks!

Insert closing of choice,

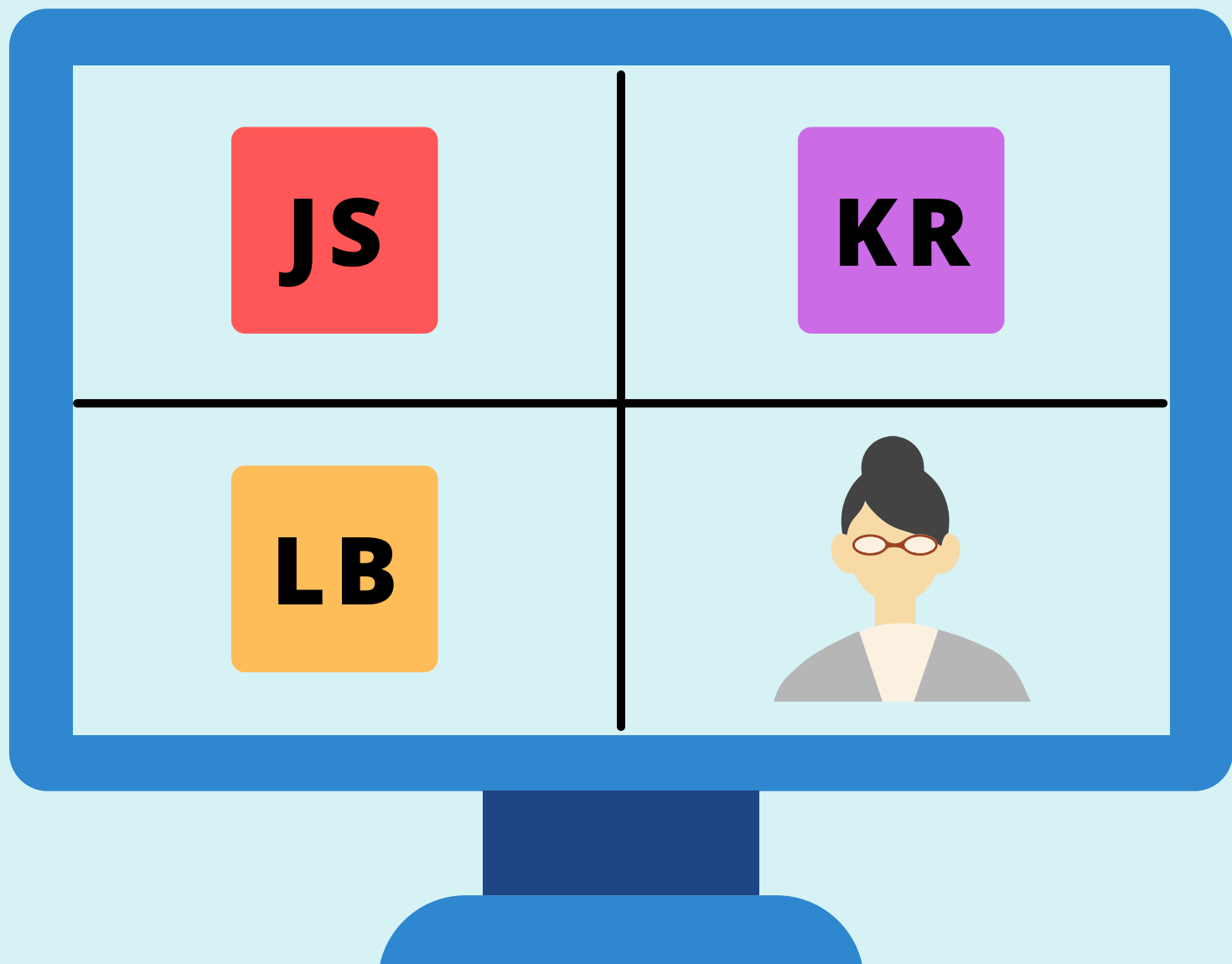
Signature

^ with link to portfolio, etc. if desired

*email, email, email!*

email is key when face-to-face communication is unavailable. Before any meetings, introduce yourself and indicate your interest with this template

# 02. professional appearance



in a sea of initials, be the professional headshot... some presenters prefer for audience members to keep their cameras off until the Q&A but this doesn't mean you can't look professional

# 03. prepare questions

## ■ ● ▲ NOTES

- could you tell me more about \*this\* really cool rotation you offer??
- I'm interested in \_\_\_\_, what are some of the projects in \*this\* related class
- and more! it wouldn't hurt to have 3-5 prepared

biggest perk of meeting virtually? you can have notes (including questions) for any moments your mind goes blank. avoid generic questions that can be answered on the website... do your research on the program *before* meeting with them

# 04. the meeting

for open houses: introduce yourself, take notes, record names and contact information of faculty and interns in attendance, ask questions!



for interviews: every interview will be unique to the A. program and B. applicant so it will be important to get more personalized advice. if possible, do a mock interview! or, at the very least, practice interviewing with a family member or friend.

# 05. follow up

Don't forget to say thank you! refer to tip #1 for some general formatting advice, just modify it for a follow up. Try to mention a few specific things that stuck out to you from your meeting!

Bonus points - attach your resume to the email if they don't already have it



# 06. reflect

“

you are interviewing them  
just as much as they are  
interviewing you

reflect on all that you have learned from your research, open houses, and interviews. remember that you want to find the right program just as much as the directors want to find the right fits for their programs. If you're like me, you might start with a massive excel sheet comparing and contrasting all of your options. But reflecting on the personal meetings (rather than just the stats in excel) should bring you clarity on where you want to go. Best of luck.



