

First year

1. Visit [SPHHS Office of Career Planning](#) website (appointments, advice, resources) and [SPHHS internship/job board](#).
2. Do at least one self-assessment tool offered free on our website at [Career Exploration Resources](#).
3. Review the possibilities available at [Now What? Career options with a degree in Nutrition](#).
4. Activate your [Handshake](#) account which allows access to internships, jobs, employers and student profiles
5. Investigate clubs and resources both in and outside of your department. Nutrition club: [UMass Nutrition Association \(UMNA\)](#). List of [Registered Student Organizations](#) (RSO's). Talk to fellow students and participate.

Second year

6. Make connections - get to know your professors and advisors, and reach out to [UMass Alumni](#) for advice.
7. Start a list of family/friends and employers/organizations that interest you and update it regularly.
8. Review traditional and non-traditional [internship and job searching methods](#).
9. Discuss with your academic advisor if [study abroad](#) or domestic exchange is a good idea for you.
10. Investigate [semester long credited internships](#) in the greater Boston area and [housing at Mt Ida Campus](#).
11. Check out the Nutrition Department [Fieldwork Experience webpage](#) for information and opportunities.
12. Begin crafting your resume/cover letter with help from the [Career Ambassador Peer Advisors](#).

Third year

13. Understand the path forward with your career options. Gain a complete understanding of the education, training, internship, [state licensure requirements](#) needed. [U.S. Bureau of Labor and Statistics](#).
14. Conduct numerous [informational interviews](#) to expand your network and solidify your career choice.
15. Review your online professional presence (Google yourself, check Facebook, Instagram, TikTok) and clean it up.
16. Create a LinkedIn page (www.linkedin.com); review [LinkedIn guidelines](#). See the Nutrition [Undergraduate Advising](#) page for targeted LinkedIn guidelines and to join the Nutrition Alumni Network as a student.
17. Attend a career fair (in-person or [virtual](#)), employer info session or networking event to practice professional etiquette and make connections. Seek advice by watching [CareerSpots videos](#).
18. Look out for deadlines; GRE, GMAT, MCAT, LSAT, RD applications, know your [grad school](#) timeline.
19. Obtain a summer internship/job with professional development and specific skill enhancement in mind.

Fourth year

20. Decide who you will ask for letters of recommendation or to be a reference - give at least 1 month advance notice.
 21. Have your personal statement reviewed by a [career advisor](#) prior to submitting.
 22. Perfect your [resume, cover letter](#) writing skills, and employ your job search strategy.
 23. Become adept at [interviewing](#) and familiarize yourself with successful strategies.
 24. Check out [Big Interview](#) for additional specific video interviewing prep and practice.
 25. Prepare for offers and learn how to [negotiate your salary](#) effectively.
- Notify SPHHS Office of Career Planning at SPHHScareeroffice@umass.edu and your Program Director Claire Norton, cpnorton@nutrition.umass.edu, when you land a job or accept a grad program. You got this!