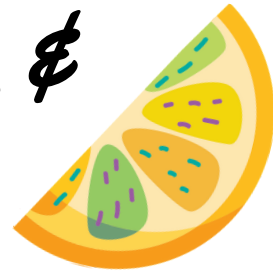


Career Exploration & Networking



When you're looking for a job, exploring a career path, or looking to grow your network it's smart to go out on informational interviews. An informational interview is an informal conversation you can have with someone working in an area of interest to you. They are a safe environment to ask questions, develop future allies, supporters, and champions

Identify people to chat with

- You can start with those around you like friends, colleagues, professors & former employers.
- Don't be afraid to use sites like LinkedIn to find new contacts or even social media outlets like Twitter or Instagram.

Do's and Don'ts of the information interview, adapted from the Harvard Business Review Article "[How to Get the Most Out of an Informational Interview](#)"

DO

- Your homework. You should do enough background research before going in that you sound knowledgeable and committed to the sector.
- Prepare a succinct explanation about your background and what you're looking for.
- Send a thank you note. It's good manners.

DON'T

- Go in cold. Practice doing informational interviews with friends and family so you get used to asking great questions and listening.
- Ask for favors - it's unseemly. Instead, ask for advice on how to position yourself.
- Forget that it's just a conversation. Relax, listen, and enjoy!

Curious about what to ask during the chat? Check out [University of California Berkley's Career Center Article- Questions to Ask During An Informational Interview](#)

FROM THE DIVERSIFY DIETETICS COMMUNITY:



from Dalia Kinsey's Podcast, School Nutrition Dietitian

- [**How to Network Authentically** with La'Darius Madison MPH, RDN, LD](#)
- [**How to Network Like a Boss as an Introvert** with Chelsea Brooke](#)

Let's Explore



Directions: After reading through the tips for informational interviewing, set up at least 2 information interviews with professionals. Debrief with your mentor/mentee about takeaways from the experience

Mentor Note: Is there someone in your network that you can refer your mentee to? If so, suggest as the first informational interview

INFORMATIONAL INTERVIEW 1

Name:

Title:

Email/Linkedin:

Takeaways:

INFORMATIONAL INTERVIEW 2

Name:

Title:

Email/Linkedin:

Takeaways: