



# LIFE AS A NORTH CAROLINA DIVISION OF PUBLIC HEALTH INTERN

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Katrice Perry, BS

# INTRODUCTION & BACKGROUND

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- Bachelors of Science in Public Health Education from North Carolina Central University
- Currently interning at the NC Office of Minority Health and Health Disparities (NC OMHHD)
- Certified Lay Leader: Living Healthy with Chronic Disease self- management program (CDSMP)
- Certified Nursing Assistant

# MY EXPERIENCE AS A NC DHHS INTERN

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- Major accomplishments:
  - Created a fact sheet for African American and Hispanic health in North Carolina
  - Assisted with program evaluations and drafting final reports
- Networking opportunities:
  - Monthly Minority health Advisory Council meetings
  - CDSMP lay leader training
  - Monthly Lunch and Learn programs

# MY EXPERIENCE AS A NC DHHS INTERN

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Speaking to a group of UNC students about networking and public health opportunities.



Becoming a chronic disease self-management lay leader.

# WHAT MADE MY EXPERIENCE VALUABLE?

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- Work environment
  - NC OMHHD staff
  - Having my own office
  - Working with different branches
- My supervisor Ms. Lucretia Hoffman
- Networking and professional development opportunities
- Hands-on public health training at the state level

# CREATING A MEANINGFUL EXPERIENCE FOR THE YOUR INTERNS

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- Develop a work plan
- Be very clear about your expectations
- Create a comfortable space for sharing ideas
- Meet on a regular basis with your intern/s
- Set and maintain a professional environment
- Offers advice and support
- Keep in mind that this is a learning experience
- Provide resources and opportunity

# WHAT MAKES AN SUCCESSFUL INTERN?

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- Goal oriented
- Accepts critique
- A self starter
- Asks questions
- Seeks guidance and support
- Shows initiative



# ADVICE FOR FUTURE INTERNS

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- Set deadlines... before the actual deadline
- Track your work
- Review your work before submitting
- Show your appreciation to your supervisor and other staff
- Get what you need out of your experience ( letter of refence, jobs)
- Seek respect!
- Your opinions are valuable
- Listen and take notes
- Be consistent
- Be accountable and stand by your work



# QUESTIONS?

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# CONTACT INFORMATION

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**THANK YOU!**

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