LIFE AS A NORTH CAROLINA DIVISION OF PUBLIC HEALTH INTERN

Katrice Perry, BS
INTRODUCTION & BACKGROUND

• 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

• Major accomplishments:
  o Created a fact sheet for African American and Hispanic health in North Carolina
  o Assisted with program evaluations and drafting final reports

• Networking opportunities:
  o Monthly Minority health Advisory Council meetings
  o CDSMP lay leader training
  o Monthly Lunch and Learn programs
MY EXPERIENCE AS A NC DHHS INTERNS

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?

• Work environment
  o NC OMHHD staff
  o Having my own office
  o 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

• 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?

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

• 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 reference, jobs)
• Seek respect!
• Your opinions are valuable
• Listen and take notes
• Be consistent
• Be accountable and stand by your work
CONTACT INFORMATION

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THANK YOU!