

“Elevator Pitch”

(A short, clear and concise, synopsis of yourself that can be delivered in the time it takes to ride up in an elevator, approximately 30 seconds)

I am a ... *[what is your current situation and focus?]*

I am working on an MPH in Nutrition at the Colorado School of Public Health



I have a ... *[what is your educational background & what are your credentials (e.g. diploma, certificate)?]*

I have a Bachelor's degree in Dietetics from the University of Northern Colorado



Some of my strengths are ... *[what do you do well?]*

Some of my strengths are designing effective nutritional plans for specific populations such as the elderly, people living with diabetes or other chronic diseases



I have experience in ... *[focus on experience that is relevant to the field]*

I have 3 years' experience as a dietitian at a senior living facility



Most recently, I ... *[focus on one major accomplishment]*

Developed nutrition guidelines for my facility that empowers residents to make healthy dining choices on their own



My goal is ... *[what do you want to do? where do you see yourself in the future?]*

Long term to work at the CDC to develop national guidelines for nutrition to ensure healthy aging

Examples:

- Hello, my name is Mary Proctor. I am a Master of Public Health student with a concentration in Community Health Education at the Colorado School of Public Health. After graduating with a Bachelor of Science in Exercise Science from Colorado State University, I worked for a small non-profit in the Greeley area that focused on rural health. While I enjoyed my prior role, I wanted to gain a solid public health background so I could better assess, plan and evaluate community needs. My strengths are in the areas of program planning and community needs assessment. I completed my practicum in the area of healthy eating and active living in a rural community and I assisted in developing a program to increase the availability of healthier food to low access areas. I will be graduating in December and am looking forward to putting my new skills in program planning and implementation to work as a program director in a non-profit setting.
- Hello, my name is Danielle Fossen. I am a DrPH student in Community and Behavioral Health at the Colorado School of Public Health. Prior to entering the program, I worked for the last three years as a Professional Research Assistant on a project focused on teen pregnancy prevention in the metropolitan area. My mentor, Associate Director of Government Affairs, at the Association of Maternal and Child Health Programs provided me opportunities to gain knowledge in managing contracts. As part of my degree requirements I am interested in developing a practicum that allows me to expand my leadership and management skills while utilizing my abilities around coalition building and organization. My ultimate goal is to lead a child and maternal health division at a local health department.
- Hello, my name is Ben Fields. I am a recent MPH graduate with a concentration in Epidemiology from the Colorado School of Public Health. In addition to my coursework, I worked as a research assistant under a faculty mentor in the area of infectious disease control. As a research assistant, I developed solid skills in data analysis and reporting and was introduced to the process of clinical research trials looking at Tuberculosis. A career goal of mine is to continue to develop clinical trials at a leading academic hospital.
- Hello, my name is Natalie Morrison. I am currently pursuing an MPH in Nutrition at the Colorado School of Public Health. I have a Bachelor's degree in Dietetics from the University of Northern Colorado. Prior to enrolling in the Nutrition program I served as a dietician for three years at a senior living facility. Some of my strengths are designing effective nutritional plans for specific populations such as the elderly, people living with diabetes or other chronic diseases. I developed nutritional guidelines for my facility that empowers residents to make healthy dining choices on their own. I realized broadening my expertise in population-based healthcare could have a greater impact on the obesity problem. With my MPH, I would like to obtain a position at the CDC to develop national guidelines for nutrition and our aging population.

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Some of my strengths are ... *[what do you do well?]*



I have experience in ... *[focus on experience that is relevant to the field]*



Most recently, I ... *[focus on one major accomplishment]*



My goal is ... *[what do you want to do? where do you see yourself in the future?]*