Career Advice: The Importance of Informational Interviews

Call it “career research” or “informational interviews” – either way it’s a great way to meet people and find out about what’s going on in the field of public health from the inside. Just 5 – 10 minutes on the phone. From each experience, you’ll gain a new contact within your industry, interesting perspectives, valuable practice networking —and perhaps, you’ll make a good first impression too!

Reasons why people agree to an informational interview:
You may feel as if you are asking for a big favor. So why would someone agree to talk?
1) People enjoy talking about what they do - How often does someone want to listen to their story? People enjoy talking about themselves and may appreciate having the opportunity to reflect on their own job and career.
2) Goodness of others - Many people are just glad to help. Trust in the kindness of others. They may even enjoy the prospect of advising or mentoring.
3) Networking, of course! - It can be interesting to meet someone new.

What do you ask? Easy! Just simple questions:
1) Tell me about the work you’re doing. How do you like it? How do you like the organization for which you are working?
2) What was your career path to get to this point?
3) What strengths, experiences or credentials are valued in your job/employer?
3) What advice would you have for someone like me who is interested in this field?

Where can I find people to interview?
1) Identify employers you like through online resources such as the links at SPHTM Career Services and ask the receptionist for the person in charge of the project which interests you.
2) Search LinkedIn, a professional networking website, to find people’s profiles. Join groups with common interests, including Tulane SPHTM’s Career Services LinkedIn Group with over 700 alumni and students.
3) Talk to professors and fellow students.

In short, be creative and innovative in your thinking and watch what happens!

Alumni Profile: Stephanie Dopson

Ms. Stephanie Dopson graduated from Tulane University with her Masters in Social Work (MSW) in 1997 and Masters in Public Health (MPH) in 1999. After the 2001 anthrax attacks, she worked on Anthrax response and was part of the Anthrax Vaccination Team deployed to New York City and New Jersey. When the Office of Terrorism and Emergency Response formed at the CDC in 2002, she joined and worked with state and local public health departments on public health emergency preparedness and response. She also worked with government authorities in Canada and Mexico on cross border Memorandum of Agreements, laboratory surge capacity, and surveillance systems. In 2007, she decided to move to the Influenza Coordination Unit at the CDC, where she is currently the Lead Public Health Analyst. She served as the Scientific Response Section Chief during H1N1, the Haiti earthquake, and the cholera outbreak in Haiti. In addition to her job, Ms. Dopson is currently working towards finishing her dissertation for her Doctor of Science (ScD) at Tulane.

As a former ASPH fellow, Stephanie encourages students to apply to all fellowships, including the Public Health Prevention Service fellowship (PHPS) and the Presidential Management Fellows program (PMF). Ms. Dopson says, “Do not give up if you do not get in on your first try.”

When asked to give advice to students, she encourages students to get a mentor (the more, the better) upon entering the workforce, and when given the opportunity to work with a professor, do it! “While in school, gain as much work experience as possible because it will help with future interviews.” She knows students who did not work a lot during graduate school, and now cannot get into the fellowship program or an entry level job at the state or local level since they did not have much work experience. She also advises students to take advantage of the school’s Career Services and any workshops offered on résumé building and interview practice.

WE LOVE TO KNOW WHERE OUR ALUMNI ARE IN THE WORLD!
* Join Us on LinkedIn - Connect and network throughout your careers!
Tulane SPHTM Career Services has a private group on LinkedIn to share information, resources and profiles for alumni and students. Over 600 and growing!!
* The Tulane University Online Community is a university-wide online alumni database that allows students to connect with all alumni who have registered their information about their locations and employers.

School of Public Health and Tropical Medicine | Volume 7 | Issue 1 | January 2012