

Julia Werth, B.S., B.A.
4812 Delaware Street
College Park, MD (781) 315-9185
Internship Portfolio: <https://umcpdieteticinternship.online>

Skills and Experiences Gained Throughout Dietetic Internship:

- **Clinical skills:** Enhanced assessment skills via Medstar Harbor Hospital gastroenterology, oncology, telemetry and ICU rotations with subsequent advanced practice rotation at Baltimore Washington Medical Center and University of Maryland Midtown outpatient diabetes clinics. Managed multiple units in staff relief assessing up to 12 patients per day. Other clinical rotations will include Children’s National Medical Center, Davita Dialysis Center, Montgomery County Wellness and Baltimore VA. Attained basic proficiency in EPIC and Cerner E.H.R. systems.
- **Publication activity:** Selected for abstract-poster presentation at both Maryland Academy of Nutrition and Dietetics and District of Columbia Dietetic association meeting; abstract entitled “Infographics: Educating College Students on Iron and Iron Deficiency”. Co-author on abstract selected by the Food and Nutrition Conference and Expo for 2018. Published articles for *The Feed*, The Academy of Nutrition and Dietetics technology blog. Published a National Nutrition Month article in “The Compass,” an intra-hospital newsletter at Medstar Harbor Hospital. Blogs posted on Team Nutrition, Healthy Meals Resources, SNAP-Ed and International Food Information Council sites during rotations.
- **Computer skills:** Demonstrated proficiency in adobe programs for infographic design, web page design, web-based technologies (SharePoint, web-conferencing, canva infographic designer, scheduling software, survey/registration tools) and social media marketing tools (Facebook, blog, Instagram, twitter). Published article targeting low literacy audience on state SNAP-Ed website and updated data on national Healthy Meals Resources and Team Nutrition Websites.
- **Team and presentation skills:** Developed partnered presentations in campus dining, food service and Snap-Ed senior center site. Invited speaker at MD DHCC Spring 2015 Workshop for 100+ RDs. To complete theme meal for residents at VA long term care facility.

Professional Experiences

**University of Maryland College Park Dietetic Internship
College Park, MD - Dietetic Intern**

August, 2017 to June, 2018

RD Exam pending completion

44-week dietetic internship with emphasis in nutrition, communication and information management. Accomplishments:

- Attained exceeds expectations in final clinical rotation, to present major case study at Medstar Harbor Hospital
- Developed, wrote and edited materials, web pages and presentations at the USDA Food and Nutrition Service, Nutrition Education, Training and Technical Assistance branch
- Achieved certifications: HHS Cultural Competence; WIC employee training; Complementary and Alternative Medicine; CITI IRB training. Proficient in Microsoft Office and Adobe Creative Suite.

Connecticut Mirror

June 2017 to August 2017

Hartford, CT – Reporting Intern

Pitched, wrote and posted daily and investigative articles mostly related to healthcare or breaking political news in the state capitol. Published 2-5 stories per week during 10-week fellowship. Work can be found at www.ctmirror.org.

Pearl Street Residence

May 2016 to August 2016

Reading, MA - Chef/Dietary Aide

Prepared and served (depending on the shift) breakfast, lunch, snack and dinner for 100 elderly residents. Paid attention to allergies, texture and medication needs of residents. Developed recipes alongside other chefs. Delivered room trays to residents who couldn’t make it down to the dining room. Worked in memory care unit with CNAs to help serve meals to residents with dementia.

The Daily Campus Newspaper

April 2016 to May 2017

Storrs CT – Editor-in-Chief

Managed a staff of over 200 writers, photographers, editors, designers, sales representatives, receptionists and business manager. Planned the goals and future vision of the newspaper while also handling payroll, negotiating contracts with vendors (ex: printing), running the board of director meetings, leading the editorial board, editor meetings, overseeing production and working with editors to expand their section content.

UConn Psychology Department, Weight Management Lab June 2015 – May 2017
Storrs CT – Research Assistant

Phone screens with participants, weekly weigh ins with participants, one on one cognitive visits, managed and analyzed data. Wrote honors thesis based on work in this lab under the supervision of Dr. Amy Gorin.

The Daily Campus Newspaper September 2013 – April 2016
Storrs Ct – News Editor/Staff Writer

Managed a staff of about 30 news writers, generation of story ideas and planned layouts. Also published approximately 2 to 3 articles a week, copyedited and designed the News section once a week, work can be found at www.dailycampus.com

The Hartford Courant June 2015 – August 2015
Hartford CT – Features Intern

Wrote and pitched concert and event previews, event coverage, restaurant and entertainment reviews, longer features and columns for the features section and CTNOW – the Thursday entertainment insert. Published over 80 stories during the 11 week internship.
work can be found at www.courant.com, CTNOW.com and Hartford Magazine/New Haven Living

UConn Dining Services/Marketing January 2015 – December 2015
Storrs CT - Writer/Social Media Assistant

Developed, wrote and edited information, news articles and feature stories designed to promote and/or inform target audiences about UConn Dining Services' programs, services and events. Also use twitter and Facebook to promote Dining Services.

UConn Geoscience Department December 2014 – January 2015
Taiwan - Blogger

Traveled to Taiwan with a geology research group of professors and students for 3 weeks, blogged the journey throughout the country from the work to the funny cultural experiences
work can be found at Taiwan.uconn.edu

Grub Street May 2014 – August 2014
Boston MA - Graphic Design Intern

Designed weekly newsletters and anthologies of creative works produced by Grub students. Assisted in organization and statistical analysis as well as secretarial duties.

Connecticut Health Investigative Team (C-HIT) May 2014 – August 2014
Freelance – Intern

I proposed, wrote, edited and had published a feature length story about food insecurity in the state of Connecticut. The process required several interviews, both over the phone and in person, and was completed on my own with minimal guidance.

Volunteer

National Eating Disorders Association October 2017 – February 2018
Remote Helpline Chat Volunteer

Offer information and treatment options to chatters and answer basic questions regarding body image and eating disorders in a caring and compassionate manner through the Helpline instant messaging platform, Click-to-Chat.

Lazarus House Ministries May 2014 – August 2016
Lawrence MA - PR Assistant and Kitchen Assistant

Designed Facebook posts and cover photos, twitter posts, newsletters, and promotional materials. Wrote articles for seasonal newsletters. Assisted in organization and statistical analysis. Assisted in preparing meals in the homeless shelter. Summer 2016 independently filmed and produced a four-minute documentary for and about the organization.

Education

B.S. Nutritional Sciences, University of Connecticut
B.A. Journalism, University of Connecticut

Spring, 2017
Spring, 2017

Certified Professional Food Manager, 2016, CERT #1898853, 92% on exam
RD exam pending completion of internship

Awards

- Michael J. Whalen Journalism Award, 2016 and 2017
- New England Scholar
- Dean's List for the College of Agriculture, Health and Natural Resources
- Dean's List for the College of Liberal Arts and Sciences
- Emanuel "Mike" Hirth Family Endowment Fund Scholarship
- Connelly Sisters Scholarship and New York Farmer's for Academic Achievement Spring 2014, 2015 and 2016
- Presented Obesity Prevention research at the national Obesity Week Conference in Los Angeles in November 2015
- Hearst Journalism Award for Enterprise Reporting Fall 2014 for article published in August on C-HIT
- Dean Scholarship to the University of Connecticut

Memberships

- Academy of Nutrition and Dietetics 2015-Present membership
- Phi Beta Kappa Scholar Fraternity Membership