



THE UNIVERSITY OF
TENNESSEE
KNOXVILLE

DEPARTMENT OF
PUBLIC HEALTH

MPH Alumni Focus

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A newsletter for Master of Public Health alumni at the University of Tennessee



Alumni LinkedIn Group: A new way to connect!

In 2015, we launched a LinkedIn Group for UT MPH alumni and current students. This “private” group is unlisted and for members only. As of March 2016, we have 109 members—a fraction of our more than 1,200 alumni.

LinkedIn is a free, professional social networking site (think Facebook for career networking).

Reasons to join the MPH LinkedIn group:

- **Connect with each other**— post discussion threads, send private messages, meet alumni in your area or field, search by location, organization, job function, key word
- **Post jobs/recruit employees**— share links to jobs within your organization or a partner organization
- **Find jobs**— uncover “hidden job market” (>50% of jobs), informal and formal networking

How do MPH alumni use LinkedIn?



Kandi Pitchford

Manager, BlueCross
BlueShield of Tennessee

- Develops professional contacts
- Recruits employees



Melanie Fowler

Wellness Coordinator,
Clayton Homes

- Was recruited for current position based on her LinkedIn profile

Connecting you with the MPH Program!

The MPH Alumni Focus Newsletter keeps alumni informed about news and opportunities. The newsletter is issued every fall and spring. As graduates of the program, your continued involvement and support strengthens the foundation and traditions for MPH graduates to follow.

Send your success stories, requests for MPH interns, jobs postings for alumni, or other news to

Julie Grubaugh.
Phone: 865-974-9277
Email: jgrubaugh@utk.edu

How to setup your LinkedIn profile

- There is no one “right” way to do it
- Look at other profiles that you like and mimic those
- Do include a professional looking headshot

LinkedIn?

Click [here](#) for instructions on joining the **University of Tennessee MPH LinkedIn group**



Facebook?

Click [here](#) to “like” the **University of Tennessee Department of Public Health Facebook page**



MPH Alum prepares to thru-hike the Appalachian Trail and blog about it

After working as a Program Administrator for a Children's Hospital in Arkansas, **Andrew Carberry, MS-MPH alum '10**, has decided to thru-hike the Appalachian Trail, a 6-month, 2,200 mile adventure he will share with his wife, Claudia, an MS-RD Nutrition '10 graduate.



On the one hand, Andrew and Claudia are leaving the workforce (temporarily) to pursue their dream. On the other hand, they are supporting their health and well-being while also blogging to promote healthy eating on the trail and other health-enhancing adventures.

They went through a battery of tests at the Arkansas Children's Hospital Research Institute before they left, and will return for a post-test after their hike to document the physical effects of their journey. The blog will also help them sharpen their writing and photography skills and give them experience on a new blogging platform.

Here's a post from their blog:

Greetings! We have been married for 5 years and look forward to sharing this adventure together. We find that we are our best selves when we're in the outdoors. We are both leaving the workforce in order to pursue our dream of thru-hiking. Professionally, **Claudia is a Registered Dietitian and Andrew has worked in public health and obesity prevention. Nutrition will be a theme throughout our blog as we learn how to cook appetizing meals in the outdoors and meet calorie and protein needs on the trail.** We are going to tag-team writing duties in hopes that you'll enjoy reading along with at least one of us!

The link to Andrew and Claudia's blog is <http://appalachiantrials.com/author/claudia-and-andrew-carberry>. Sign up for updates there to follow along! You can also subscribe to receive emails with new posts.



Did you know?

According to a recent survey of 32 alumni job search experiences:

- ~50% used social media in their job search
- **LinkedIn** was the most common social media used for job searching
- **Strategies included:** Keeping in touch with connections to make reaching out easier; viewing profiles of positions/organizations of interest; finding jobs

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