How can graduates differentiate themselves from the crowd?

1 Gain and apply YOUR EXPERIENCE

There is no denying experience can be very difficult to gain. But you may have it already or you can create it. Be strategic, think about what skills you would like, what skills are needed and what you could do to develop and demonstrate these. If you would love to work in a food company making healthier products, why not try helping local businesses, working with their chefs and customers. Experience pitched properly in an application can demonstrate initiative.

2 Look out for VOLUNTEERING opportunities

Voluntary work is a great opportunity to acquire real passion, and with it comes new responsibilities and skills. Identify what you would like to work in public health, contact local organisations, schools, clubs and see if you could offer to help. Could you write for a local newspaper or magazine, join a committee or help organise a conference?

3 Beyond NUTRITION

Your approach matters just as much as your knowledge and experience. Recognise and call out your skills. These could be demonstrating an ability to cope with change and manage your own work or helping a colleague with a textbook. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment. Enthusiasm, passion and a fast-paced environment.

4 Talk to the crowd

Be in the crowd

In a world of Instagram, having qualified nutritionists that can inspire through their love of food and nutrition knowledge can be a real edge over your competition in skills such as recipe analysis, product development, influencing chefs and caterers. Employers have told us that for certain roles, being a foodie is a real plus.

5 NETWORK effectively

Networking goes far beyond what’s it for me right now? It’s about building support networks, accessing knowledge, insights, ideas and advice from others, now and in the future. It is much more than Bio, followers or relevant.

6 IF YOU ARE A FOODIE shout about it

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7 Translation of science to DIFFERENT GROUPS

Consumer writing is a skill in short supply in recent graduates. Getting your messages across in an engaging manner is a real talent. A popular, scientifically robust blog engaging manner is a great talent. A popular, scientifically robust blog engaging manner is a great talent. A popular, scientifically robust blog engaging manner is a great talent. A popular, scientifically robust blog engaging manner is a great talent.

8 Good COMMUNICATION

Effective communication skills are essential in many roles. From those that sound most PR platforms. Companies and organisations cannot take risks in presenting unfounded nutrition information on your social media platforms. Companies and organisations cannot take risks in presenting unfounded nutrition information on your social media platforms. Companies and organisations cannot take risks in presenting unfounded nutrition information on your social media platforms. Companies and organisations cannot take risks in presenting unfounded nutrition information on your social media platforms.

9 Keep doors OPEN

Be open to new opportunities and to roles you may initially feel don’t fit. These opportunities can often only be understood when you write an application and see if the skill you explore your career from there, always learning and building new expectations. Trying different things will help you identify what you really need in your career and will help you see what you do well. A job may not be on paper, but if on social media, you may provide skills that will be helpful for your ideal nutrition job.

10 Show Initiative

Do a placement year if you can to maximise your experience. When you are in a role, be strategic about what you want to experience and build it into your next job. This will use your experiences and ideas and discussions with your manager. Be flexible and think creatively to finding opportunities for work and to build experience and create work. Identify a need, which is a new solution. By doing this you will become more confident in yourself and will have stories to share with your community and at interviews.