



Name: **Yilin Sheng**

Occupation/Position: **Registered Dietitian**

Organization: **Canadian Prenatal Nutrition Program**

Degree: **BSc (Human Nutritional Science), 2008**

1. What did you want to be when you started University, and what did you end up being?

**I always wanted to work in the Health Care field. After I entered university, I discovered that nutrition is an interesting area because it takes a proactive approach to prevent illness, so I ended up being a dietitian.**

2. How did you decide what to “be”?

**A combination of my financial situation, my family background, my ability and my interest.**

3. What experiences helped you to succeed in your career path?

**My parents had a great deal of influence on me about how to treat people and myself. My 18 years of education background in China helped me to be a fast learner from textbook. I also took the advantage of all the resources that the university offered, including [career services](#), [student groups](#) and [university events](#). I got involved as much as I could.**

4. What advice do you have for graduates for their first year on the job?

**Ask as many questions as you can. Be patient. It takes years to understand a company and its culture and it may take decades to be an outstanding professional; the Great Wall of China wasn't built in a day.**

5. What is the best job search advice you've ever received? What job search advice would you give to new grads?

**Make extra effort on writing your cover letter and resume. Really show your interests and passion in the specific job and the field that you are applying.**

6. How do you prepare for an interview?

**English is not my native language, and I have to [practice more](#). I put myself into a scenario and start to talk and I mean really TALK, while driving, or running on the track or doing laundry. A good interview is not always about answering questions; it is also about asking the interviewers good questions to learn about the company and having a good conversation with them.**

7. Did you ever feel like you weren't going to get a job?

**There were times when I walked out of the interview feeling confident but did not hear back from the company. I felt disappointed but I never lost my optimism.**

8. Other comments, tips & advice: **Be confident, be humble, and eat fish to keep your mind sharp.**

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