Welcome to your ALP internship with the Lemas Lab!

You will be joining the Breastfeeding and Early Child Health Study, a longitudinal cohort study that examines the impact of maternal obesity on infant growth and health outcomes. This study aims to provide valuable insights into how early-life nutrition and maternal health influence long-term health trajectories in children.

As an intern, you will be assisting with the refinement of onboarding documents, processing and analysis of diet data, and visualization of dietary patterns using the Healthy Eating Index (HEI) and the Healthy Eating Report (HER). You will primarily work with R programming for data analysis and visualization, Excel for data management, and GitHub for version control and collaboration. You may also use Adobe tools for creating or editing visual materials.

What to Expect:

In the first few weeks, you'll:

- Complete onboarding tasks and volunteer paperwork.
- Read literature and past research conducted by the department to better understand the goals and context of the study.
- Begin exploring GitHub and R programming through a set of beginner-friendly tasks (called "issues" on GitHub) designed to help you get comfortable with the tools and workflow.

Don't worry if you have no prior experience with R or GitHub—this internship is meant to help you learn by doing, and everything you need will be provided in the instructions. Additional guidance can always be found using ChatGPT, asking team members, or reaching out to Dr. Dominick Lemas.

Intern Responsibilities:

- Assist in cleaning and analyzing dietary data.
- Help refine documents used for onboarding and training future interns.
- Create and edit visualizations using R based on HEI/HER data.
- Collaborate with the team on GitHub and contribute to the lab's shared resources.

Skills You'll Build:

- R programming: Learn how to manipulate, analyze, and visualize real-world health data.
- GitHub: Practice version control and collaborative workflows.
- Research literacy: Strengthen your ability to read, understand, and apply scientific literature.
- Professional communication: Work closely with other interns and researchers in a supportive, collaborative environment.

This is a learning-focused internship—ask questions, be curious, and don't be afraid to make mistakes. We're glad to have you here!