

Career Paths

Nutrition and Dietetics

Five Different Paths

Supervised practice (dietetic internship or DI)

Graduate school + Supervised practice

Graduate school

Other graduate school or professional school

Job

Becoming a RDN or DTR

- ❖ Becoming a RDN fact sheet

- ❖ Becoming a DTR fact sheet

What is a Supervised Practice (Dietetic Internship) ?

ACEND
accredited
practical
experience

After
completion,
RD exam

Eligible if
complete
WCU's
program

9-12 months
(1200 hours)

*After January 2024, need Master's degree & Internship to sit for the RD exam

Supervised Practice Characteristics (cont. 1)

Includes clinical, foodservice,
community, optional rotations

Fulltime/part time

private freestanding vs universities

Supervised Practice

Characteristics (cont. 2)

Private, freestanding not much financial aid

University: financial aid options

Distance learning (arrange own experiences, or arranged for you in different locations in US)
(go to Univ of Delaware website as model)

Supervised Practice Characteristics (cont. 3)

Never assume financial aid or deferment of loans;

ANDF Scholarships (Feb 2015); PANDF Scholarships (Mar 2015)

Program fee (similar to tuition). Varies like tuitions; think of as 5th year of college

Get more student loan money now

Read your WCU Dietetic Internship Application Guide

5 step application process outlined (in detail) on pages 11-14.

Tons of other relevant information

A great resource

Becoming a RDN or DTR

<http://www.eatrightpro.org/resources/career/become-an-rdn-or-dtr/dpd-graduates>

Procedures for Applying

www.allaccessinternships.com (help site)

10-20 possibilities

Obtain application checklists asap

If required or preferred, apply to take GRE's
(www.ets.org and click on tests and pick GRE, general
test; Kaplan or Princeton Review to study)

Choosing a Supervised Practice

Geographic area

Applicant Guide to Supervised Practices (Director will give you access) or go to AND website: www.eatright.org/ACEND/ go to Accredited Education Programs)

Pick SP's strategically by looking at your credentials and ones that are less applied to

In Applicant Guide for Supervised Practice look for high ratios of positions to # of applications (e.g., 10 positions and 30 applications rather than 2 positions and 100 applications)

Things to Consider

- ❖ Length of Program
 - ❖ Minimum 1200 hours
 - ❖ Part-time or Full-time

- ❖ Financials/Costs
 - ❖ Know all expenses
 - ❖ Some have stipends (more competitive)
 - ❖ Education institutions with tuition (financial aid)
 - ❖ Corporate-sponsored/private (no financial aid)
 - ❖ Low-interest loans (if explain to bank)
 - ❖ Grad assistantships (if available) may offset costs
 - ❖ Costs of living

Things to Consider

- ❖ Transportation (Car? Does public get you where you want to go?)
- ❖ Food
- ❖ Can you hold an outside job?
- ❖ Incidentals (books, lab coat, etc.)
- ❖ Location (warm climate, near city, college-town – more competitive)

Things to Consider

- ❖ Applicants per spot
- ❖ # of locations
- ❖ Settings
 - ❖ Facility size
 - ❖ Rural or urban
 - ❖ Patient population
 - ❖ Rotations
 - ❖ Electives
 - ❖ Disease states
- ❖ Flexibility of program

How Many Do I Apply To?

- ❖ Individual decision
- ❖ 6-10 programs
- ❖ Include at least one non-competitive program
- ❖ Do not list those you won't do
- ❖ Fee per internship on DICAS
- ❖ Application fee per internship
- ❖ What is your application budget?

Centralized Application

- ❖ DICAS - Dietetic Internship Centralized Application System
- ❖ Visit this website: All the information you need is here: [Computer Matching Policy and Procedures](#)
- ❖ Submit all materials once and all have access
- ❖ 99% of internships participate

Procedures

Request Declaration of Intent form (not graduated yet) or Verification Statement (graduated) from WCU Director through DICAS

Request references

Request transcripts sent to DICAS

Complete application

Get list of DPD courses at WCU for DICAS

References

- ❖ Ask early
 - ❖ Be professional when requesting
 - ❖ Give a resume, personal statement and picture
 - ❖ Ask person if they want reminders (and how frequently)
- ❖ Do not ask someone that doesn't know you well
 - ❖ Begin (if you haven't already) getting to know the people you want to ask as references
 - ❖ Need 3 (2 faculty and 1 supervisor)(depends on how well they know you)

Reference Requests

After choose 3 references

Enter their name and email info into DICAS app

You will be asked to waive your right to access to recommendation

Provide your refs with website to access Instructional Video for completing reference forms entitles *Submitting Reference Letters to Centralized Dietetic Internship Application System*:

<http://www.eatright.org/BecomeanRDorDTR/content.aspx?id=8147>

Completing Application

- ❖ Take great care in drafting letter of application/personal statement for DICAS
- ❖ Give to person excellent in spelling and grammar to review
- ❖ Anticipate application fees \$45-\$100
- ❖ Make sure to get everything into DICAS

Complete Application Packet on DICAS

- ❖ Personal Statement (letter of app)
- ❖ Application
- ❖ 3 Recommendations
- ❖ Declaration of Intent or Verification Statement
Transcripts from all institutions
- ❖ GRE Scores (if relevant)
- ❖ Checklist provided in Appendix of WCU Application Guide

Computer Matching

**D and D Digital (www.dniddigital.com);
online; Deadline February 2014
(check specific date)**

**Do DICAS and Computer Matching
separately**

Computer Matching

Make sure you pick sites you want to go to. You may not get first choice

You hear in April 2015 (Notification Day).
Will check results on D and D website
(www.dniddigital.com)

Have 24 hours to formally say yes (pay attention to instructions)

Procedures (cont. 3)

Everything submitted to DICAS and D and D Digital by February 2015 (ANDF Scholarships, Feb.) (check specific dates)

Check for earlier deadlines to submit to DICAS when looking at specific checklists

November match. Applications are due to DICAS and register with D and D Digital in late September.

Criteria for Acceptance

- ❖ Work Experience (people oriented, nutrition-related, responsibility, decision-making)
- ❖ Use Work Experience to compensate for GPA deficits (if leave blank they assume you have none)
- ❖ Volunteer is fine
- ❖ Minimum GPA (≥ 3.3)
- ❖ Written Communication Skills
- ❖ Sense of Direction/ Commitment to Dietetics
- ❖ Science Grades

Criteria for Acceptance

Interpersonal Skills

Leadership Ability (SDA officer, supervisor at work)

Sometimes says G.R.E.'s are preferred, probably good to take them (take early)(Winter Break)

Performance on interview (often telephone but if have option go in person)(make sure your phone message is professional)

Read pp. 11 & 12 in WCU Application Guide

Helpful Hints

- ❖ If Requires Interview, Be Prepared (Go to WCU Career Center)
- ❖ If GPA lacks, push work experience
- ❖ Apply to those less well applied to
- ❖ Apply to 5-7 you really want
- ❖ Save money now
- ❖ Do paid internship over summer
- ❖ Make lots of money over summer
- ❖ Start early
- ❖ **Go to open houses** (listed on a University of Indiana website at: <http://www.indiana.edu/~nutrvmg/DIopenhouses.htm>)

Helpful Hints (cont.)

- ❖ Be courteous to faculty
- ❖ Have others read your materials
- ❖ Take it one step at a time
- ❖ Go for ***after match*** positions if no match
- ❖ No match in Spring, go for Fall match
- ❖ Go to grad school or get more experience or make a bunch of money and apply the next year
- ❖ Prepare for interview (telephone, in-person if possible)

Graduate School + SP

Same procedures for applying for SP;
but GRE, graduate admission
procedures

Availability of financial aid and graduate
assistantships

Watch to see if deadlines different than
those for SP computer matching

Graduate School + SP

GPA 3.2 or greater; 2.7 if just grad school

Often success in grad school increases chance of acceptance to SP

Coordinated GP vs. Certificate

Certificate: often can complete SP and not finish grad education and go on to the RD exam

Coordinated Graduate Program

3.0 grade point average or higher

<http://www.eatright.org/ACEND/> Accredited Education Programs; Coordinated Programs; Grad Programs

Must complete both SP and Graduate Education

Application process is separate from DICAS and Computer Matching process

Coordinated Graduate Program

Requires a completely separate application and deadline (December)

Apply early

University of Pittsburgh Example:
<http://www.shrs.pitt.edu/cmd/>

Graduate School + SP (cont. 2)

Credentials subpar, go grad school to boost (MPH Nutrition WCU)

Graduate assistantships (research, teaching administrative) will pay tuition and a stipend. Make sure to consider this.

Like GRE 900-1000 or higher

Check AND website for Advanced Degree Programs

Graduate School

Assess your passion

Check Advanced Degree Programs on AND website

Go to website of program of interest and find out application procedures

Apply early

Can always apply to SP later

Interest in you want to go into research, food science, foodservice management, and food sanitation

Other Grad School or Professional School

Other aspirations

Some have gone to nursing, medical, pharmacy, public health, health administration, physician assistant, or physical therapy school

Send for materials, discover entrance requirements, and follow app procedures

Job

With BS in Nutrition and Dietetics
qualified to work in a number of areas

Health education, foodservice, nutrition
education, community nutrition (W.I.C.),
health administration, pharmaceuticals,
health insurance, dietetic technician

Job Searching

Brainstorm the skills you have

Well crafted resume (Go to Career Center in Lawrence)

Don't be modest

Put skills at the top of your resume

Get a nice suit (or professional attire)

Finding Jobs

Use headhunters

Check the Sunday Inquirer

Use Websites

Call human resource offices

Job Websites

- ❖ www.nutritionjobs.com
- ❖ www.jobsindietetics.com
- ❖ www.alliedhealthjobs.com
- ❖ www.usajobs.opm.gov
- ❖ www.sodexo.com
- ❖ www.aramark.com
- ❖ www.jobcircle.com

Job Websites (cont.)

- ❖ www.phillyjobs.com
- ❖ www.kforce.com (employment agency)
- ❖ www.monster.com (lots of job info)
- ❖ www.pharmaceuticaljob.com
- ❖ www.hirehealth.com

Job Searching (cont.)

- ❖ Electronic version of resume
- ❖ Work on job interviewing (Again go to WCU Career Center in Lawrence)
- ❖ Work with WIC or foodservice company can be a good entry-level job

Job Interviewing

- ❖ Have resume with you (2 copies)
- ❖ Research the company or institution
- ❖ Write out five minute overview of who you are
- ❖ Have prepared questions
- ❖ Role play
- ❖ Relax
- ❖ Be on time
- ❖ Be polite
- ❖ Dress professionally
- ❖ Smile and give confident handshake
- ❖ Thank interviewer

Job Interviewing (cont.)

- ❖ Listen well
- ❖ Let the interviewer lead
- ❖ Don't answer too quickly
- ❖ Prepare examples of you work
- ❖ Hypothetical problems
- ❖ Give more strengths than weaknesses
- ❖ Say, "I don't know."
- ❖ Have notebook and pen to take notes
- ❖ Nice briefcase or bag
- ❖ Deep breathing and visualization

Final Advice

Seek help during the process

Be confident that you have a degree and experiences of great worth

Have confidence in your research skills

Take it one step at a time

Don't set up as success or failure

See obstacles as opportunities

Know Yourself!

Take quiet time to self-reflect

List your passions

What type of job do you want to go to everyday?

Know your limitations (e.g., have tough time with transitions, social skills, etc.) Think of these as challenges that can be overcome.

Know your worth!

So what do you do now?

Look at the WCU application guide on Nutrition Department website.

Start looking for potential internships/grad schools (eatright.org)

Start thinking about and reflecting about what you want to do.

Make a list of all nutrition-related volunteer and work experiences. Keep a running list of place, contact person, contact info, dates you were there and what you did there

Start working on Personal Statement

Questions to address in personal statement

Why did you become interested in nutrition? Why do you want to be a nutrition professional?

Strengths and limitations

What makes you unique and different from other candidates

How did your experiences demonstrate your skills and strengths

Why do you want this internship/grad school/job? Do your research for each program.,

