

# Career Paths

Nutrition and Dietetics

# Five Different Paths

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Supervised practice (dietetic internship or DI)

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Graduate school + Supervised practice

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Graduate school

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Other graduate school or professional school

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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)

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Includes clinical, foodservice,  
community, optional rotations

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Fulltime/part time

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private freestanding vs universities

# Supervised Practice Characteristics (cont. 2)

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Private, freestanding not much financial aid

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University: financial aid options

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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)

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Never assume financial aid or deferment of loans;

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

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

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Get more student loan money now

# Read your WCU Dietetic Internship Application Guide

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

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Tons of other relevant information

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A great resource

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Becoming a RDN or DTR

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

# Procedures for Applying

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[www.allaccessinternships.com](http://www.allaccessinternships.com) (help site)

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10-20 possibilities

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Obtain application checklists asap

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

# Choosing a Supervised Practice

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## Geographic area

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

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

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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

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

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Request references

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Request transcripts sent to DICAS

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Complete application

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Get list of DPD courses at WCU for DICAS

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# 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

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After choose 3 references

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Enter their name and email info into DICAS app

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

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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.dnndigital.com](http://www.dnndigital.com));  
online; Deadline February 2014  
(check specific date)

Do DICAS and Computer Matching  
separately

# Computer Matching

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

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You hear in April 2015 (Notification Day). Will check results on D and D website ([www.dnddigital.com](http://www.dnddigital.com))

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

# Procedures (cont. 3)

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

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

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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 ( $\geq 3.3$ )
- ❖ Written Communication Skills
- ❖ Sense of Direction/Commitment to Dietetics
- ❖ Science Grades

# Criteria for Acceptance

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Interpersonal Skills

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Leadership Ability (SDA officer, supervisor at work)

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

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

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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/Dlopenhouses.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

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

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Availability of financial aid and graduate  
assistantships

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

# Graduate School + SP

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GPA 3.2 or greater; 2.7 if just grad school

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Often success in grad school increases chance of acceptance to SP

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Coordinated GP vs. Certificate

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

# Coordinated Graduate Program

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3.0 grade point average or higher

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

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Must complete both SP and Graduate Education

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Application process is separate from DICAS and Computer Matching process

# Coordinated Graduate Program

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Requires a completely separate application and deadline (December)

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Apply early

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

# Graduate School + SP (cont. 2)

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

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

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Like GRE 900-1000 or higher

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Check AND website for Advanced Degree Programs

# Graduate School

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Assess your passion

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Check Advanced Degree Programs on AND website

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

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Apply early

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Can always apply to SP later

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

# Other Grad School or Professional School

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Other aspirations

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

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

# Job

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

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

# Job Searching

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Brainstorm the skills you have

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Well crafted resume (Go to Career Center in Lawrence)

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Don't be modest

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Put skills at the top of your resume

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Get a nice suit (or professional attire)

# Finding Jobs

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Use headhunters

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Check the Sunday Inquirer

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Use Websites

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Call human resource offices

# Job Websites

- ❖ [www.nutritionjobs.com](http://www.nutritionjobs.com)
- ❖ [www.jobsindietetics.com](http://www.jobsindietetics.com)
- ❖ [www.alliedhealthjobs.com](http://www.alliedhealthjobs.com)
- ❖ [www.usajobs.opm.gov](http://www.usajobs.opm.gov)
- ❖ [www.sodexo.com](http://www.sodexo.com)
- ❖ [www.aramark.com](http://www.aramark.com)
- ❖ [www.jobcircle.com](http://www.jobcircle.com)

# Job Websites (cont.)

- ❖ [www.phillyjobs.com](http://www.phillyjobs.com)
- ❖ [www.kforce.com](http://www.kforce.com) (employment agency)
- ❖ [www.monster.com](http://www.monster.com) (lots of job info)
- ❖ [www.pharmaceuticaljob.com](http://www.pharmaceuticaljob.com)
- ❖ [www.hirehealth.com](http://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

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Seek help during the process

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

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Have confidence in your research skills

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Take it one step at a time

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Don't set up as success or failure

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See obstacles as opportunities

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# Know Yourself!

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Take quiet time to self-reflect

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List your passions

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

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

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Know your worth!

# So what do you do now?

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Look at the WCU application guide on Nutrition Department website.

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Start looking for potential internships/grad schools ([eatright.org](http://eatright.org))

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

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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

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# Start working on Personal Statement

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## 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.,

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Thank  
you