Preparing

Becoming a Registered Dietitian/Registered Dietitian Nutritionist

Your Accomplishments

Your Career Goals

Your Future
• Why become a Registered Dietitian, Registered Dietitian Nutritionist?

• What are your options?

• How will you decide?

• Are you ready to apply now?

• How important is experience and GPA?

• When and how to apply?

• What about computer matching?
70,000 Registered Dietitians (RD/RDNs)

- Only 1% increase a year
- Growing needs, growing shortages
- California ranks bottom 10 states with 23 RDs per 100,000 people
Why become a RD/RDN?

Self-Reflection

Why I want to be a registered dietitian

My accomplishments and strengths

My experiences, lessons, interests

Where I plan to be in my career in 1-3 years
What are your options?

KEY QUESTIONS:

• Are you willing to leave San Diego?
• What type of program are you considering?
• How much will it cost?
• How long will it take?
What type of program are you considering?

Dietetic Internships (252) or Coordinated Programs in Dietetics (57 - 23 w/MS/DI)
Individualized Supervised Practice Pathways (growing)

<table>
<thead>
<tr>
<th>22 California Dietetic Internships</th>
<th>18 Distance Programs</th>
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<tbody>
<tr>
<td>• 176 interns</td>
<td>• 832 interns</td>
</tr>
<tr>
<td>• Cost $3,000 – $17,000</td>
<td>• Cost $5,500-$39,000</td>
</tr>
<tr>
<td>• 4 offering graduate degree</td>
<td>• 2 Distance MS/DI $30,803-$39.381</td>
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<td>• 2 with master’s degree (VA L.A., CSU Long Beach)</td>
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<tr>
<td></td>
<td>• USC School of Gerontology - $38,000</td>
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<td></td>
<td>• Eastern Michigan University - $29,365</td>
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2 Coordinated Programs in Dietetics, Master’s degree

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<tr>
<th>2 CPD Master’s Degree</th>
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<tr>
<td>• Loma Linda University</td>
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<tr>
<td>• California State Univ, L. A.</td>
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Dietetic Internships

Listed below are the Dietetic Internships (DI). After each program’s address is the accreditation status granted by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the date of the next program review. The accreditation status definitions are as follows:

- Candidacy for Accreditation—program not previously accredited that has had one site visit and is being implemented according to the ACEND Accreditation Standards.
- Accredited—program that has had at least one site visit and is in compliance with the Accreditation Standards.
- Probationary Accreditation—program fails to comply with the Accreditation Standards or published policies.
- Accreditation Withdrawn—program fails to comply with the Accreditation Standards or published policies within a specified time period.

To apply to a DI, individuals must complete at least a bachelor’s degree and ACEND-accredited coursework requirements (Didactic Program in Dietetics). Currently all DIs must provide at least 1200 hours of supervised practice. This is usually completed in 8-24 months depending on the availability of a part-time schedule or requirement of graduate credit. Individuals completing the program who are verified by the program director are eligible to write the CDR registration examination for dietitians.

Appointments to DIs are awarded on a competitive basis and most use a national computer matching process. Programs not participating in computer matching accept applications only from individuals employed by the sponsoring organization. Prospective applicants must contact program directors for current information, including application deadline dates. Programs will provide application forms and detailed information on program requirements, tuition, and financial aid upon request.

Search for programs

State: All States

- Only Programs Offering Distance Education
- Only Programs that Result in a Graduate Degree
- Only Programs that have a Graduate Degree Available
- Only Programs that have an ISPP option available
What programs are right for you?

http://www.eatright.org/ACEND/

**IMPORTANT QUESTIONS**

- Full-time or part-time
- Program length 7-28 mo
- Degree or Non Degree
- Graduate credit offered
- Emphasis/focus
- Tuition
- Application requirements

**Northridge**

California State University, Northridge  
Department of Family and Consumer Sciences  
10111 Nordhoff Street  
Northridge, CA 91330

- Accredited
- Next Review: 1/1/2014

Annual Enrollment: 12  
Enrollment: July, June  
Program Length: 10 Months  
Emphasis: Community, Nutrition Therapy  
Estimated Total Tuition: Resident = $5472 Non Resident = $9385  
Degree Granted: Graduate degree available  
Graduate Credit Offered: Graduate degree available  
Other Stipend: None  
Computer Matching: April

**San Diego**

San Diego WIC Dietetic Internship  
6210 Sky Park Court, Suite 100  
San Diego, CA 92123

- Accredited
- Next Review: 1/1/2016

Annual Enrollment: 8  
Program Length: 12 Months  
Emphasis: Community  
Estimated Total Tuition: Resident and Non Resident = $9200  
Other Stipend: None  
Computer Matching: VOID  
Other Information: Applicants must be California WIC employees. For WIC career and dietetic internship information go to www.wiccareercenter.com
Dear Applicant,

Welcome to the VA San Diego Healthcare System (VASDHS) Dietetic Internship website. We hope you will find the answers to all of your questions while perusing our site. You must be a U.S. citizen to participate in our dietetic internship program.

The VASDHS Dietetic Internship was established in 1973, one year after the hospital opened. We received our ten year re-accreditation from the Commission on Accreditation for Dietetics Education of the American Dietetic Association in October 2006.

Approximately 250,000 veterans live in San Diego County, our primary service area. Our medical center is located 10 miles north of downtown San Diego and two miles north of downtown La Jolla. The VASDHS provides a wide range of inpatient and outpatient health services at the 236-bed medical center in La Jolla, and at the five community clinics located in Chula Vista, Escondido, Imperial Valley, Mission Valley and Oceanside. We are affiliated with the University of California, San Diego School of Medicine and provide training for over 1,400 medical interns, residents and fellows, as well as 998 other clinical trainees such as nursing, pharmacy and dental. VASDHS has one of the largest research programs in the nation.

Our Nutrition and Food Service provides quality nutritional care through its efficiently operated foodservice section, highly respected clinical nutrition care program, and extensive outpatient education services. Dietitians are consultants to professional, administrative, and medical staff. They coordinate nutrition intervention services with total patient care in both acute and primary managed care environments by assessing nutritional status, developing nutrition care plans, and
Graduate degree available - Full Time Non Degree Program

CALIFORNIA STATE UNIVERSITY, NORTH RIDGE
DIETETIC INTERNSHIP PROGRAM

Department of Family and Consumer Sciences

CADE Accreditation

The CSUN Dietetic Internship Program is currently granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 S. Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312-899-0040 Ext. 3400.

Applying to the DI

The CSUN/WIC combined DI will be accepting applications February 15th, each year, and will accept 12 students into the DI program starting July. Students must plan on attending orientation which starts in June.

If you have any questions, please contact the DI director.

Contact Information

Annette Basaniel, MPH, RD, CLE
Dietetic Internship Director
CSU, Northridge
18111 Nordhoff Street
Northridge, CA 91330-8308
(818) 677-2841
AnnetteB@csun.edu
AnnetteB-WIC@nevhc.org
Distance Dietetic Internships, Full Time Non Degree

Thank you for your interest in the Utah State University (USU) Dietetic Internship!
In 31 weeks we can help you achieve your goal of becoming a Registered Dietitian! This program is uniquely flexible, allowing you to choose a location where you need or want to train at a time convenient for you (June, August, or January semesters). Interns have the ability to complete all or part of their rotations in a distance format. Our program emphasis is child nutrition programs and school lunch food service systems management and will prepare you for a career ladder in community nutrition, foodservice management, or clinical dietetics.

Utah State University Dietetic Interns 2012-2013
Go to Nutrition tab for Dietetic Internship/WIC Careers at: www.wic-sdsu.org/
How will you decide?

- Do your qualifications and interests match?
- What about the location and expenses?
- How competitive is the program?
- What’s the emphasis and what facilities do they use?
- Have you considered the personal and financial demands of an internship?
- Have you made a list of the advantages and disadvantages of your options?
- How flexible are you and do you have a plan B and C?

Are you ready for an internship?
How Important are Experience and GPA?

- Clinical
- Food Service & Management
- Community
- Research
- Leadership
- Work experience
- Extracurriculars
- Volunteer activities
- Networking*
  - *a word about Social Networking
Should I Wait a Year?

- NDTR – Nutrition and Dietetics Technician exam
- Experience
- Save up $
- Grad school to improve GPA
• Research programs and requirements
• Identify who will provide your best recommendations
• Build your experiences
• Obtain all required forms
• Develop your personal and financial plan
• Start early
Dietetic Advising When You Decide to Apply

- Organize your application materials
- Schedule and attend your 30 minute appointment in May (for Sept applications) or November (for February applications) with DPD Director to review application materials
  - Review internship choices
  - Feedback on application letter
  - Provide information for Declaration of Intent to Complete the Program or Verification Statement if graduated
    - Graduation date or classes remaining
Check-it-out

• *Applicant Guide to Supervised Practice* online

• Accreditation Council for Education in Nutrition and Dietetics (ACEND)
  www.eatright.org/ACEND

• AND Web site go to www.eatright.org Eatright Pro – Career – Become an RDN or DTR

• Local Dietetic Association Meetings - network

• Internship Web sites
THE MATCHING PROCESS ON DICAS
Centralized Online Application Process

- DICAS – Dietary Internship Centralized Application Services
What about computer matching?

- **Two part process** before the application deadline
  - Apply on DICAS – pay DICAS fee plus ($45 first program, $20 additional Dis) any additional fees required by individual internships
  - Register, pay $50 fee (increasing to $55 Fall 16) and rank internship choices on D&D website.

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**D&D Digital Systems**  
3100 S. Riverside Dr.  
PO Box 887  
Ames, Iowa 50010  
Phone: (515) 292-2490  
Fax: (515) 663-9427  
Email: dnd@sigler.com

www.dnddigital.com
The New Spring Match Timeline has three defined periods:

- **First Round Match**
- **Interim Period**
- **Second Round Selection Period**
The first steps to complete the First Round Match are:

Submit your application on DICAS

- $45 for the first DI program and $20 for each additional DI program selected
- Due date: **February 15, 2016 by 11:59 CST (Spring Match)** unless specified differently by the DI program

Register for Computer Match on D&D Digital

- Cost: $50.00
  - (Note: in Fall 2016, the price will increase to $55.00)
- Due
  - **Feb 15, 2016 by 11:59 pm CST (Spring match)**
  - When you fill this out, please check the box that will let me know if you were matched
<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tr>
<td><strong>D&amp;D Deadline</strong></td>
<td>Due date: February 15, 2016</td>
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<td>11:59 pm Central Time</td>
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<tr>
<td><strong>Deadline for online Reordering</strong></td>
<td>Spring: between March 21 and March 28, 2016; Reorder DI priority rankings*</td>
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<td>Closes: 11:59 pm Central Time</td>
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<td><strong>Applicant Notification Day</strong></td>
<td>Spring Match: April 3, 2016</td>
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<td>Beginning 6:00 pm Central time (7:00 pm Eastern)</td>
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<td><strong>Applicant Appointment Day</strong></td>
<td>April 4, 2016 – the Monday following match day</td>
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<td>Students must notify the DI director if they accept/reject the computer match before 6:00 pm of the program’s time zone</td>
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**Interim Period begins**

- **Tuesday, April 5, 2016** starting at 12:00 pm (Central time): DI Directors have access to the list of non-matched applicants**
- Those with openings will contact the applicants they previously ranked and were not matched to see if they want a spot

**Interim Period –if you get a call**

- Say yes and don’t look back
- Interim period ends: **Wednesday, April 6, 2016** at 8:00 pm (Central Time)

**Note:** when you rank the DI programs on D&D Digital, you MUST give permission to D&D Digital to release your name, address, e-mail, and DPD program in order for the DI Director to see your name on the unmatched applicant list.
April 9, 2016 after 12 pm (Central Time)
- DI directors are asked to wait until the date and time above before inviting applicants into their DI programs
- DI directors may determine how they will extend their invitations (e.g., rolling admission, first come, first serve, only invite qualified applicants after committee review, etc.). This information should be on the DI program website.

June 15, 2016
- Applicants are no longer able to submit their applications to DI programs
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<tr>
<th>YOUR APPLICATION MATERIALS –</th>
<th>What to have ready to apply on DICAS</th>
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<tbody>
<tr>
<td>1. Recommendation letters</td>
<td></td>
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<tr>
<td>2. Official Transcripts (and Final Transcripts)</td>
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<tr>
<td>3. Verification Statement (VS) or Declaration of Intent to Complete and the VS after completion</td>
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<tr>
<td>4. DICAS online Application Form</td>
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<td>5. Your Personal Statement/Application letter</td>
<td></td>
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<tr>
<td>6. DICAS Course List (on SDSU DPD website under DI Application link)</td>
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<tr>
<td>7. Any other forms/information required by the program.</td>
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DICAS

- Applicant portal
  - https://portal.dicas.org/
- December 1 - Site opens for February application date
Welcome!

This is the DICAS Online applicant portal, for use by students who are applying to Dietetic Internship programs that participate in the DICAS Match. The DICAS Online is a service of the American Dietetic Association.

The DICAS Online offers applicants a convenient, state-of-the-art, web-based application service that will allow them to apply to any number of participating dietetic internship programs by completing a single online application. The DICAS Online was specifically designed by DICAS to simplify and streamline the application process while providing considerable flexibility, electronic submission of applications, ongoing communication with applicants, and excellent customer support.

If you need accommodations or assistance regarding the accessibility of the DICAS Online, please contact customer support at 617-412-2855.
Computer Matching Policy and Procedures

Computer matching is mandatory for all Dietetic Internship appointments except when the program enrolls only employees of the sponsoring institution.

**For Students**
- Programs Participating in Dietetic Internship Centralized Application System
- FAQ: Top 10 Questions about Computer Matching for Dietetic Internships (Db)
- Availability of Dietetic Internship Positions
- Suggestions to Improve Your Chances at Getting a Dietetic Internship Position
- Computer Matching: Applicant Responsibilities
- Video for Dietetic Internship Centralized Application System

**For Programs**

**TIMELINES**
- April 2011 Computer Matching Calendar — PDF version
- November 2010 Computer Matching Calendar — PDF version
- Future Computer Matching Dates

**RESPONSIBILITIES**
- Instructional Video for Submitting Reference Letters to Centralized Dietetic Internship Application System
- Didactic Program Director Responsibilities
- Dietetic Internship Program Director Responsibilities
- Introduction to the Dietetic Internship Computer Application Service (DICAS)
  - Recorded Webinar (May 20, 2010)
  - Webinar Slides

**STATISTICS**
- Computer Matching Statistics

**GUIDELINES**
- Participation in the Preceptor Option
DICAS Instructional Video

Applicant Portal

- Demographic information
- No social security numbers – unique identification number
- Activities, honors, volunteer, work experience
- Resume
Applicant Portal

- Grades – will calculate GPA
  - List of DPD courses on SDSU DPD website under Internship Application Instructions Lind – 1) Access DICAS PORTAL “DPD course List for DICAS” link
    - Science DPD – Chemistry, Organic, Biochem, Physiology, Microbiology, Exercise Physiology, Biology/Biology Lab, Anatomy
    - Other DPD – Nutr, Advanced Nutr, MNT, MNT Lab, Cultural Foods, Food Prep, Food Science, Experimental Food Sci, Quantity Food Production, Food Systems Management, Lifecycle, Community, Psychology, Sociology, Speech, Writing Composition, Accounting, Statistics, Promoting Physical Activity and Healthy Eating
  - Type in grades
  - Calculated based on grades
  - Calculated science DPD and Total DPD
Applicant Portal

- Transcripts for **all universities**
  - All transcripts sent to centralized system
    - DICAS Transcript Department
      - PO Box 9118
      - Watertown, Massachusetts 02471
  - DICAS verifies for authenticity
  - Scanned
  - Hard copy sent to internship after acceptance
  - Final transcript showing degree and date it was awarded if you have graduated.
Three DI Recommendation Letters

Who to ask?

• Most programs will specify, usually advisors, professors, registered dietitians (RDs), or employers. Include at least 1 academic letter.
• ASK people who know you personally as well as academically. You want an accurate reflection of your character, work ethic, and potential as a nutrition professional.

How to ask?

• Ask in person. Schedule an appointment if necessary. If you can’t meet in person, it is acceptable to ask by phone or email.

When to ask?

• Start early 3 months is not too early, especially if you are asking your professors that may have requests from many students.
Recommendation Letter For Internships Participating in Computer Match

What to provide to people you ask for recommendations:
1. Names of the programs to which you are applying
2. Specific information or focus of the internship
3. Information about yourself
   1. Portfolio or Resumé and experience
   2. Draft of personal statement, professional goals
   3. Unofficial transcripts

• An e-mail will be sent to your reference from DICAS indicating that you have requested a recommendation from them. The recommendation will be submitted online through DICAS.
What is the purpose of the verification statement?

The signed verification statement documents that you have completed the requirements of an approved dietetics education program. Only current program directors can sign or submit the VS online.
DICAS Application Form

- **TYPOS and GRAMMAR**
- Awards, honors, accomplishments
- Volunteer experience including classes
- Professional memberships including student member of AND, CDA & SDDA
- Leadership positions
Personal Statement

• Questions to be addressed
  ◦ Why do you want to enter the dietetics profession?
  ◦ Discuss experiences that have helped prepare you for your career
  ◦ What are your short-term and long-term goals
  ◦ What are your strengths and weaknesses or areas needing improvement?
Personal Statement (continued)

- 1000 word limit
- Compose in Word and cut and paste into DICAS Applicant Portal
- May compose different statements for different internships
- Applicant may print this out and review for accuracy
Your Personal Statement

- Customize each personal letter specific to the program
- Address requirements or specific questions if requested
- Highlight achievements and leadership roles.
- Include career goals or career interests
- State why you are interested in their particular program
- Discuss what you will gain by attending this program

HONESTY
ENTHUSIASM
COMMITMENT
REALISM
PROFESSIONALISM
Personal Statement (continued)

- Supplemental application
  - DI may request additional information
  - Student’s responsibility to determine what each internship requires
  - Student will have the option to upload program-specific information
Any other forms/information required by the program

- GRE Score
- Community Service
- Military Service
- Foreign degree evaluations
- Others
Interns Selected

VA
1. Maria
2. Jane
3. Sue
4. Tom
5. John
6. Matt
7. Amanda
8. Jessica
9. Jennifer
10. Natalie
11. ...
12. ...
13. ...
14. ...
15. ...

Iowa
1. Natalie
2. Sue
3. Tom
4. Amanda
5. Jessica
6. Mary
7. Anita
8. Naomi
9. Matt
10. Megan
11...
12...
13...
14...
15...
Applications

- Applications matched to a dietetic internship will be deleted
- Applications not matched to a dietetic internship will be saved
  - Applicants can update information for future applications to dietetic internships
- For assistance with DICAS process, call 617-612-2855 or e-mail dicasinfo@dicas.org
- Hours 9AM-5PM EST
NOTIFICATION DAY

Match
Check online to see if you received a match.

Secondary Process
DI program with unfilled positions will be listed online.

New Application
Ask for feedback to strengthen your application
Useful Websites

- Application forms – Academy of Nutrition and Dietetics
  - www.eatright.org/ACEND/content.aspx?id=186

- Computer matching forms and information - D& D Digital Systems
  - www.dnddigital.com/

- DICAS website
  - https://portal.dicas.org

- DI Information
  - http://www.allaccessinternships.com

- California WIC Careers and Dietetic Internships
  - www.wiccareercorner.com
A Few Words About Online Portfolios

- Weebly.com
- Wix.com
- Squarespace.com

- Save all coursework
  - Password protect when uploaded
- Write course reflection for all Nutr courses
- Due in 409, but start anytime
GEN S 450 – Food Nutrition and Culture Abroad