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?
102,000 Registered Dietitians (RD/RDNs)

- Employment expected to grow 15% from 2016-2026
- Growing needs, growing shortages
- California only has ~27 RDNs 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?

DPD (215)
Dietetic Internships (259) or
Coordinated Programs in Dietetics (61 - 29 w/MS/DI)
Individualized Supervised Practice Pathways (growing)

<table>
<thead>
<tr>
<th>24 California Dietetic Internships</th>
<th>31 Distance Programs</th>
</tr>
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<tbody>
<tr>
<td>• 231 interns</td>
<td>• 1518 interns</td>
</tr>
<tr>
<td>• Cost $1,850 – $20,000</td>
<td>• Cost $8000-$36,000</td>
</tr>
<tr>
<td>• 5 offering graduate degree</td>
<td>• 5 Distance MS/DI $8,635-$39,381</td>
</tr>
<tr>
<td>• 2 with master’s degree (VA L.A., CSU Long Beach)</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>3 California Coordinated Programs in Dietetics, Master’s degree</td>
<td></td>
</tr>
<tr>
<td>• Loma Linda University</td>
<td></td>
</tr>
<tr>
<td>• California State Univ, L. A.</td>
<td></td>
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<tr>
<td>• USC Leonard Davis School of Gerontology</td>
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</tbody>
</table>
Accreditation Council for Education in Nutrition and Dietetics

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 the program's accreditation term ends. View accreditation status definitions.

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. More information about the application, tuition and financial aid can be obtained from the program.

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

The information in this listing, including program details, is intended to be as accurate as possible when posted, but is subject to change without notice. The Academy of Nutrition and Dietetics and the Accreditation Council for Education in Nutrition and Dietetics assume no responsibility for changes or errors in the compilation of this information, and no one accessing and using the information shall have any right of recovery on account of its use.
<table>
<thead>
<tr>
<th>IMPORTANT QUESTIONS</th>
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<tbody>
<tr>
<td>• Full-time or part-time</td>
<td>California State University, Northridge</td>
<td>Full Time Non Degree</td>
</tr>
<tr>
<td>• Program length 6-28 mo</td>
<td>Department of Family and Consumer Sciences</td>
<td>Annual Enrollment: 12</td>
</tr>
<tr>
<td>• Degree or Non Degree</td>
<td>1011 Nordhoff Street,</td>
<td>Enrollment: July, June</td>
</tr>
<tr>
<td>• Graduate credit offered</td>
<td>Northridge, CA 91330</td>
<td>Program Length: 10 Months</td>
</tr>
<tr>
<td>• Emphasis/focus</td>
<td></td>
<td>Emphasis: Community, Nutrition Therapy</td>
</tr>
<tr>
<td>• Tuition</td>
<td></td>
<td>Estimated Total Tuition: Resident = $5472 Non Resident = $9385</td>
</tr>
<tr>
<td>• Application requirements</td>
<td></td>
<td>Degree Granted: Graduate degree offered</td>
</tr>
<tr>
<td>• Fall or Spring Match</td>
<td></td>
<td>Graduate Credit Offered: Graduate degree available</td>
</tr>
<tr>
<td></td>
<td>Annette A Besniilian</td>
<td>Other Stipend: None</td>
</tr>
<tr>
<td></td>
<td>Ms. Annette A Besniilian MPH RD CLE</td>
<td>Computer Matching: April</td>
</tr>
<tr>
<td></td>
<td>(818)677-2941</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fax: (818)677-4778</td>
<td></td>
</tr>
<tr>
<td></td>
<td>E-mail: <a href="mailto:annetteb@csun.edu">annetteb@csun.edu</a></td>
<td></td>
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<tr>
<td></td>
<td><a href="http://www.csun.edu">http://www.csun.edu</a></td>
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<td></td>
<td>-di</td>
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<tr>
<td></td>
<td>California State University, Northridge</td>
<td>Part Time Non Degree</td>
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<tr>
<td></td>
<td>Department of Family and Consumer Sciences</td>
<td>Annual Enrollment: 3</td>
</tr>
<tr>
<td></td>
<td>1011 Nordhoff Street,</td>
<td>Program Length: 12 Months</td>
</tr>
<tr>
<td></td>
<td>Northridge, CA 91330</td>
<td>Emphasis: Community</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Estimated Total Tuition: Resident and Non Resident = $3200</td>
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<tr>
<td></td>
<td></td>
<td>Other Stipend: None</td>
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<tr>
<td></td>
<td></td>
<td>Computer Matching: VOID</td>
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<tr>
<td></td>
<td></td>
<td>Other Information: Applicants must be California WIC employees. For WIC career and dietetic internship information go to <a href="http://www.wiccareer.com">www.wiccareer.com</a>.</td>
</tr>
</tbody>
</table>

http://www.eatright.org/ACEND/
Full Time Non Degree Program

UC San Diego Health Dietetic Internship

UC San Diego Health offers a 43-week dietetic internship with a Medical Nutrition Therapy concentration in a progressive academic medical center environment. As San Diego's only academic medical center, UC San Diego Health is the region's premier destination for those requiring complex multidisciplinary care. It includes hospitals and specialty care centers at two campuses (in La Jolla and Hillcrest) and outpatient clinics across San Diego County. For more information on each location, visit our locations page.

Under the supervision of Registered Dietitians, dietetic interns will rotate through experiences in clinical nutrition, food service management, ambulatory/community nutrition and research. Upon satisfactory completion of the internship, dietetic interns are eligible for active membership in the Academy of Nutrition and Dietetics and to take the Registration Examination for Dietitians.

Get involved in our community on our Facebook page.

Congratulations to our 2018-2019 Class of Dietetic Interns:

- Flannery Nielsen, Bastyr University
- Markayla Stroubakis, UC Berkeley
- Anna Hunter, San Diego State University
- Cansu Colbay, San Francisco State University
- Rachel Hicks, California State Polytechnic University Pomona
- Grace Odegard, Bastyr University
- Georgia Chionis, Illinois State University
- Jessica Allen, California State University, Long Beach
- Emily Marashian, Arizona State University
- Alexandria Akeland, Bastyr University
Dietetic Internship

Program Description
The California State University, Fresno Dietetic Internship is a 9-month program with a culturally competent health promotion/disease prevention concentration. This internship prepares graduates to serve the diverse needs of the San Joaquin Valley and beyond. Interns complete supervised practice experiences in a variety of facilities in the Central San Joaquin Valley of California, including a veterans’ hospital, a state prison, a school district, two private hospitals, an out-patient diabetes program and cooperative extension. Eight units of graduate-level course work are required as part of the dietetic internship.

Mission
The mission of the California State University, Fresno Dietetic Internship is to provide a high-quality post-baccalaureate educational opportunity that prepares competent entry-level generalist dietitians with the knowledge and skills required for providing food and nutrition services to the population of the San Joaquin Valley.

Program Goals
1. To prepare graduates to successfully meet the requirements for dietetic registration.
2. To prepare graduates who will be able to meet the employment requirements for generalist dietitians.
3. To provide a supply of well-trained dietetics practitioners who will serve the population of the San Joaquin Valley.
4. To prepare dietetics professionals who participate in continual professional growth through educational opportunities, including graduate studies, and realize career growth.
Dietetic Internship at CSULB

Profile

California State University Long Beach (CSULB), a metropolitan campus of 37,000 students, offers an Internship Program in Nutrition & Dietetics (IPND) combined with a Master of Science in Nutritional Science, accredited by the Accreditation Council for Education in Nutrition & Dietetics (ACEND).

The Internship Program option originates in the Department of Family and Consumer Sciences in the College of Health and Human Services and participates in the Dietetic Internship Centralized Application System (DICAS) and D&D Digital Online Dietetics Internship Matching Service for the Academy of Nutrition and Dietetics (AND). The CSULB Internship Program in Nutrition and Dietetics (IPND)/MS has one cohort of Interns beginning in the fall annually.

This two-year program combines graduate coursework with supervised practice in the greater Los Angeles area. After the Intern completes both the requirements for the MS and the Internship Program in Nutrition and Dietetics (IPND), he/she will graduate with a M.S. in Nutritional Science and will be eligible to take the CDR Credentiaiting Exam. The Commission on Dietetic Registration (CDR) is the credentialing agency for the Academy of Nutrition and Dietetics (AND) overseeing the national exam.

Passing the CDR Exam is required for the individual to obtain employment as

Minimum Requirements to Apply to the Dietetic Internship with an M.S. Degree

GPA: 3.0 overall on a 4.0 scale and 3.0 for the last 60 units

GRE: Complete verbal and quantitative sections with a minimum score of 4 or higher on the Analytical Writing section of the GRE taken within the past 5 years. The GRE is required for acceptance into the M.S. in Nutritional Science program.

Course Verification: “Verification Statement” or “Intent to Complete” for a Didactic Program in Dietetics**

Applications:

- To DICAS according to timeline
- To the CSULB DI by February 15th (non-refundable $45 fee)
- To the CSULB M.S. Program by February 15th (no fee)
- To the University for enrollment
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
WIC Internship: https://sdsuwic.org/dietetic-internship/

The San Diego WIC Dietetic Internship is a partnership of five WIC programs in San Diego County, Riverside, San Bernardino and Imperial Counties, Northern California WIC Programs and the California Department of Public Health WIC Program.

Annual enrollment is a maximum of eight interns. Interns will remain employed at their current California WIC agency while they complete their supervised practice hours in their region.

Graduation Requirements:

- Complete at least 1230 hours of supervised practice.
- Successful completion of all rotations as determined by preceptors and internship director's evaluation of intern's performance.
- Participate in and complete eRD2Be Study Program.
- Completion of required Core Competencies for Dietitians and Competencies for Community Emphasis outlined in the curriculum.
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
STEP UP TO YOUR FUTURE

- **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
    - Bring transcript
Check-it-out

• Applicant Guide to Supervised Practice online

Applicant Guide to Supervised Practice

• 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

https://www.dietitian.org/san-diego/

• Scholarships and Financial Aid

THE MATCHING PROCESS ON DICAS
Centralized Online Application Process

- DICAS – Dietary Internship
- Centralized Application Services

Spring 2019 Match Calendar
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 $55 fee and rank internship choices on D&D website.

**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.dnndigital.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, 2019 by 11:59 CST (Spring Match)** unless specified differently by the DI program

Register for Computer Match on D&D Digital

- Cost: $55.00
- Due
  - **Feb 15, 2019 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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<tbody>
<tr>
<td><strong>D&amp;D Deadline</strong></td>
<td>- Due date: February 15, 2019</td>
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<tr>
<td></td>
<td>- 11:59 pm Central Time (9:59 PM Pacific)</td>
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<tr>
<td><strong>Deadline for online Reordering</strong></td>
<td>- Spring: between March 25 and April 1, 2019; Reorder DI priority rankings*</td>
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<td></td>
<td>- Closes: 11:59 pm Central Time (9:59 PM Pacific Time)</td>
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<tr>
<td>** Applicant Notification Day**</td>
<td>- Spring Match: April 7, 2019</td>
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<td></td>
<td>- Beginning 6:00 pm Central time (4:00 pm Pacific)</td>
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<tr>
<td>** Applicant Appointment Day**</td>
<td>- April 8, 2018 – the Monday following match day</td>
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<tr>
<td></td>
<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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</tbody>
</table>
• **Tuesday, April 9, 2019** starting at 6:00 am (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 begins**

**Interim Period –if you get a call**

• Say yes and don’t look back
• Interim period ends: **Wednesday, April 10, 2019** 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.
Second Round Selection Period

- April 11, 2019 after 11 am (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.

DICAS Closes

- June 15, 2019
- Applicants are no longer able to submit their applications to DI programs
YOUR APPLICATION MATERIALS –
What to have ready to apply on DICAS

1. Recommendation letters
2. Official Transcripts (and Final Transcripts)
3. Verification Statement (VS) or Declaration of Intent to Complete and the VS after completion
4. DICAS online Application Form
5. Your Personal Statement/Application letter
6. DICAS Course List (on SDSU DPD website under DI Application link)
7. Any other forms/information required by the program.
DICAS

- Applicant portal
  - https://portal.dicas.org/
- December 1 - Site opens for February application date
- DICAS workshop
  - Jan 12
  - More details to follow
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 817-842-2855.
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

- FAQ: Top 10 Questions about Computer Matching for Dietetic Internships (DIs)
- 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
- Video of Overview of Changes to the Dietetic Internship Application

Dietetic Internship Centralized Application System

Almost all dietetic internships will be using the online dietetic internship centralized application process (DICAS). Please refer to the dietetic internship's website for any additional instructions regarding the application.

If you have questions about the centralized application, please contact DICAS customer support at 617/612-2855 or dicasinfo@dicas.org.

Computer Matching

To do this, register and submit all the internship programs you plan to apply to D&D Digital by February 15 for April match and September 25 for Fall match at 11:59 p.m. (Central).

If you need assistance with computer matching, please contact D&D Digital customer support at 515/292-0490 or dnd@sigler.com.
Instructional Videos and Other Helpful Information

http://www.eatrightpro.org/resource/ace-nd/students-and-advancing-education/dietetic-internship-match-students/video-for-dietetic-internship-centralized-application-service
Applicant Portal

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

- Grades – will calculate GPA
  - List of DPD courses on SDSU DPD website under Internship Application Instructions Link
  - 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 (2-3 months before), 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 and can be submitted after your application.
Verification Statement or Declaration of Intent to Complete Form

- 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.

- Select Declaration of Intent if still completing courses
- Select Verification Statement if graduated and completed DPD
DICAS Application Form

• **TYPOS** and **GRAMMAR**
• Awards, honors, accomplishments
• Volunteer experience including classes
• Professional memberships including student member of AND, CAND & CANDSD
• 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.
  - individuality – how you stand out!
- Include career goals/career interests
- State why you are interested in their particular program – convenience, reputation, close to home, flexibility
- Discuss what you will gain by attending this program

HONESTY
ENTHUSIASM
COMMITMENT
GENUINENESS
PROFESSIONALISM
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
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](http://www.eatright.org/ACEND/content.aspx?id=186)

- Computer matching forms and information - D& D Digital Systems
  - [www.dnddigital.com/](http://www.dnddigital.com/)

- DICAS website
  - [https://portal.dicas.org](https://portal.dicas.org)

- DI Information
  - [http://www.allaccessinternships.com](http://www.allaccessinternships.com)

- California WIC Careers and Dietetic Internships
  - [www.wiccareercorner.com](http://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

- Summer 2019: May 27 – June 25