

SDSU DIETETIC INTERNSHIP WORKSHOP – PART I

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OBJECTIVES

- Why become a Registered Dietitian Nutritionist (RD/RDN)?
- Routes to becoming an RD/RDN
- Searching for accredited programs
- Preparing for a dietetic internship

WHY BECOME A REGISTERED DIETITIAN?

- Employment expected to grow 8% from 2019-2029
- Growing needs, growing shortages
- 107,383 Registered Dietitian Nutritionists (RD/RDNs)
 - 11,254 RDNs in CA (one for every 3,527 people)



ROUTES TO BECOMING AN RD/RDN

DPD + Dietetic Internship (DI)

- 262 DIs, 82 w/ master's degree
- 25 DIs in CA, 4 w/ master's degree (VA LA, CSULB, Central Valley WIC, CSUN)
- 28 distance DIs, 8 w/master's degree
- Individualized Supervised Practice Programs (ISPP)
 - Programs for students who didn't match with a DI (4 in CA – Golden Gate, CSUSB, CSULB, Pepperdine)
 - Programs for students who hold doctoral degrees (Iowa State)

• Coordinated Programs in Dietetics (CP)

- 39 w/ master's degree
- 2 CPs in CA w/ master's degree (Loma Linda, USC)
- Future Education Model Graduate Programs
 - 42 total, one in CA

DISTANCE INTERNSHIPS

- Usually require applicants to secure some or all of their preceptors prior to applying (except Sodexo, Aramark, Morrison)
- Select program(s) first and then start contacting potential preceptors.
 - Utah State, Univ of N. Colorado, Wellness Workdays, BeWell Solutions (pre-select option for SDSU students)
- Follow program recommendations for finding preceptors and get in touch with current/former interns.
 - Send introductory email with resume attached or contact via phone call – some preceptors require interviews
 - Need to know dates and length of rotations
- Ask dietitians that you have worked or volunteered with.
 - Some preceptors require a minimum amount of work or volunteer experience with their organizations.

SEARCHING FOR ACCREDITED PROGRAMS

[Accredited Programs Directory](#)

- Search by state and type of program
- Filters
 - Degree offered
 - Distance education
 - ISPP
- Program Director contact info and links to program websites

[Applicant Guide to Supervised Practice](#)

- 2021-2021 guide on Canvas
- Programs organized alphabetically by state
- Program info
 - Type of program
 - Schedule
 - Emphasis
 - Rotations
 - Costs
 - Admission requirements
 - Fall or Spring match

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



PREPARING TO APPLY

- 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

DI ADVISING

- Organize your application materials
- Schedule and attend your 30 minute appointment in May (for Sept applications) or October/November (for February applications) with DPD Director to review application materials
 - Review internship choices
 - Feedback on application letter
 - Make sure on track for DPD Verification Statement

APPLICATION PROCESS AND COMPUTER MATCHING

- For Spring 2022 Match, application period opens November 29, 2021

[Spring 2022 Match Calendar](#)

- DI Workshop Part II
 - Friday, December 3, 2021 from 12:30-2:30
 - Register in advance:
<https://SDSU.zoom.us/meeting/register/tZUsfuqrqzMqHNcVpfVtjWAPa-Am06kluvVq>
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APPLICATION MATERIALS

1. Recommendation letters
2. Official Transcripts (and Final Transcripts)
3. Verification Statement (VS) or Declaration of Intent to Complete
4. DICAS online Application Form
5. Your Personal Statement/Application letter and Resume – use checklists on Canvas
6. DICAS Course List (on SDSU DPD website under DI Application link)
7. Supplemental forms/application if required by the program

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 LETTERS

What to provide to people you ask for recommendations:

- Names of the programs to which you are applying
- Specific information or focus of the internship
- Information about yourself
 - Portfolio or Resumé and experience
 - Draft of personal statement, professional goals
 - 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.
- A sample recommendation form can be found on the [DPD website](#) under the DI applications tab

DPD PORTFOLIO

- Instructions in DPD Handbook on DPD website
- Save all coursework and completed grading rubrics.
- Write course reflections for all NUTR courses taken at SDSU.
- Due in NUTR 409, but start earlier!
- Beneficial to complete prior to applying to internships
- Include link to finished portfolio in your resume.

RESOURCES

- ACEND Website – About Accredited Programs, Info for Students, Dietetic Internship Match
 - <https://www.eatrightpro.org/acend/>
- Application Insider
 - <https://applicationinsider.co/>
- All Access Dietetics
 - <https://www.allaccessdietetics.com/>
- DICAS website
 - <https://portal.dicas.org>
- D&D Digital Computer Matching
 - www.dnndigital.com/