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
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.dnddigital.com/