




7 WAYS TO BE AN **AWESOME** DIETETICS STUDENT

By Jenny Westerkamp, RD
Founder, All Access Internships

Research the Field



True or False: “Clinical nutrition, food service, and community nutrition are the only areas where dietitians can be employed.” False. In my opinion, the dietetics profession has changed in the last fifty years, alongside our nation’s eating habits and food supply. Different demands, such as increased need for weight loss solutions due to the rise in obesity mean different kinds of supplies such as dietitians that specialize in weight loss, write weight loss books, or are spokespeople for weight loss companies. This is just one example. Dietetics is a profession that is capable of transforming into a passion if you know what you want and you go for it. The paths that we can take to achieve a lifetime of fulfillment are boundless, so long as we listen to ourselves and hone in on what it is that we want to achieve.

CAREER POSSIBILITIES

Chef RD		WIC Nutritionist/ Program Director			
Nutrition and Health Consultant	Food Allergy Specialist	Advisory Board Member	Educator	Pharmaceutical Company RD	Founder and Director of Nutrition
Diet Guru	Health Education Consultant	Director of Nutrition and Food Services	Licensed Wellcoach	Wellness Dietitian	Territory Sales Manager
Wellness Coordinator	Clinical Nutrition Manager	Food Behavioralist Director, Wellness Program	Corporate Dietitian	Food Writer or Author	Journalist
Communications Specialist	Personal Chef	Health Education Specialist	Radio Host	School Wellness Lead	Food Marketing Consultant
Specialty Food Company Consultant	Preventive Medicine Nutritionist	Early Childhood Intervention Consultant	Edutainer & Personal Growth Partner	School Nutrition Specialist	Weight Management Nutritionist
Beverage Manufacturer Representative	Health/Lifestyle Coach	Ethno-centric Food Culture Specialist Editor	Motivational Speaker	Health Communications Consultant	Weight Loss Group Facilitator
Independent Health Coach	Nutrition Therapist	Private Practice Dietitian Roadie Nutritionist	Patient Services Manager	Corporate Wellness Dietitian	Senior Editorial Director
Consultant Dietitian	Clinical Dietitian	Nutrition Journalist	Nutrition Consultant	Telehealth/Virtual Dietitian Spokesperson	Industry Consultant Cardiovascular Nutritionist
Professional Speaker	Nutrition Counselor	Nutrition Consulting Company Owner	Food Bank Nutritionist	Chief Food and Nutrition Strategist	Wellness Coach
Marketing Director	Exercise Scientist	President of Education Company	Health and Life Balance Enthusiast Public Health Nutritionist	Purchasing Manager	Freelance Food and Nutrition Writer
Public Relations Consultant	National Spokesperson for the ADA	Freelance Writer	Restaurant Consultant	Diet Expert	Community Nutritionist
Private Practice Dietitian	Nutrition Informaticist	Internship Director Consultant	Nutrition and Lifestyle Counselor	Sports Nutritionist	Medical Nutrition Therapist
Sports and Lifestyle Nutritionist	Nutrition Blogger	Production Manager	Senior Director of Product Development	Vegetarian Cook & Recipe Developer	
Non-profit Director Nutrition Communications Specialist	Supermarket/Retail Dietitian		Health Communication Specialist	Website Medical Advisor	
	Editor of Health & Wellness Magazine		Nutrition and Lifestyle Counselor		
	Nutritionals Sales Representative		Rockstar Nutritionist Consumer Manager		

Another way to engage yourself in the dietetics field is to know what the hot topics are and to stay abreast current research and media trends. Mention these topics briefly in your application letter if you are interested in them because it shows you have researched the field and are engaged in what is going on now. For example, I showed an interest in nutritional genomics, which many dietetics students may not have even been aware of. This helped me stand out in a positive way.

There are a few ways to stay current. My favorite is the American Dietetic Association's Daily News. After you sign into eatright.org, go to ADA Member Updates and sign up for the Daily News. You will get daily emails about what is going on with food and nutrition in the media and with new research. I learned so much as a student just by reading these everyday!

Make it Happen:

- ♣ Review all dietetic practice groups to learn about the different areas of dietetics.
- ♣ Browse the Internet for entrepreneurial RDs with unique careers.
- ♣ Sign up for the ADA Daily News, read up on dietetics-related publications and blogs, or even start your own blog to motivate yourself to research hot topics.

Make Connections

2

True or False: "I don't know any RDs, so getting unique experiences is impossible." False. The Internet and social media have made it ridiculously easy to reach out to registered dietitians for guidance. It sounds intimidating, but it is not as hard as it seems. Networking is simply communicating with a purpose. Listen carefully for opportunities where you and your connection can help each other.

Where Can YOU Make Connections?

- In the classroom
- At professional meetings (FNCE, state dietetic association meetings, etc.)
- With your co-workers
- With your professors
- Through your parents' friends or friends' parents
- With the movers and shakers in your home town

What about networking with registered dietitians? Why is it so difficult to reach out to them? Well, maybe you just don't know WHAT to ask! So here's my way of picking RDs' brains in the quest to make connections in the field:

- What steps did you take during and after the internship that got you started in your career?
- What tasks do you spend the most time working on in your job?
- What types of clients or patients do you work with?
- What foundation of knowledge and skills does it take to do what you are doing?
- How did you get into the field?
- What has been the biggest challenge you have encountered in your career?
- What is the best way for one to position oneself to get a job in this field?
- What would you have done differently in your career, if anything?
- How do you see the dietetics industry developing over the next 1, 5, or 10 years?
- What has changed about dietetics since you began your career?
- What resources have you found most helpful? (Books, practice groups, websites, etc.)
- Do you know of anyone in my area that I can connect with?
- Do you take on interns or know anyone that does?

Now you have the ammunition to do some great asking. Of course, don't use ALL of these questions at once! What questions you use should really depend on your main purpose for contacting the RD. This RD could give you their perspective on one area of dietetics, they could be your next mentor, or they can introduce you to your next mentor! Either way, they will be a valuable source of information.

Tips for Connection with Dietitians: An Interview with Mitzi Dulan

All Access Internships interviewed Mitzi Dulan, RD, CSSD on what it takes for students to make great connections before they are even dietitians. Dulan is an entrepreneur and registered dietitian for the Kansas City Royals and was the team nutritionist for the Kansas City Chiefs for 8 years who regularly takes on virtual nutrition interns. She shares her advice on how to go about fostering a relationship with a registered dietitian.

Why do you feel it is valuable for dietitians to work with students as interns?

“I believe it is important to give back to the profession and it is very rewarding to know that you can impact the life of a student. Some of the most important qualities that I look for in an intern are someone who takes initiative and has a strong work ethic. As a nutrition entrepreneur it takes years and years of dedication, determination, and self motivation to build your business.”

I know that you strongly believe in creating your own opportunities. How can a student go about doing that?

“Pick up the phone and call. Ask for what you want. Follow through and do what you say you are going to do. The worst thing someone can say is “no” and since you didn’t have it before you aren’t losing anything.”

What advice would you give a student interested in contacting a dietitian they might be interested in working with?

“I prefer getting emails which gives me an idea of their interest/passion to work with me. I also definitely want to see their résumé. I recently received an email from a student for an internship this summer, which doesn’t show much advance planning to me since most of my internship inquiries were last fall/winter. In a résumé, I like to see leadership qualities, work ethic, extracurricular activities, and someone who is doing well in school.”

Make it Happen

- ♣ Research RDs, companies, and organizations with nutrition practices in your area and beyond. It is far too common for people to think of doing this when they WANT something, but it is to your benefit to set up phone conversations or in-person meetings whenever possible. You just never know where it may take you in the long run.
- ♣ Send out 10 emails to RDs expressing your interest in their work.
- ♣ Make in-person connections at conferences or meetings.

Get a Mentor

3

A mentor is that one person who can help you, guide you, take you under his or her wing, and nurture your professional quest. A Sean Maguire to a Will Hunting. A Doc Brown to a Marty McFly. A Glenda the Good Witch to a Dorothy. A mentor can be a priceless tool for success in the transition from student to professional. You may find yourself pondering, "What area of dietetics am I interested in?" or "What are my career goals?" Well, I have another question for you: "Got a mentor?"

Get a Mentor

Having a mentor was the most beneficial aspect of my dietetics journey so far. My first mentor was Julie Burns, MS, RD, CCN a Chicago-based dietitian and owner of Sportfuel, Inc. (an integrative sports nutrition and wellness practice). When I Googled 'Chicago dietitian' and found Julie's website, I saw that she ran a successful practice and that her past and current clients included the Chicago Blackhawks, Chicago Bears, Chicago White Sox, and Chicago Bulls and professional athletes across the country. With five active brothers of my own, I was very attracted to sports nutrition, so Julie was the perfect fit. She had also recently started Eat Like the Pros, which was a unique service with a lot of potential for growth.

Coincidentally, she graduated from the same undergraduate university as me (University of Illinois) and completed her DI at my number one choice (Massachusetts General Hospital). It was fate! I immediately sent her an e-mail and told her how interested I was in her career. When she offered me an internship with her two companies, I was beyond ecstatic!

Our mentor-mentee relationship was more valuable to me than any traditional dietetics student job or any course in school. I experienced clinical nutrition and counseling when I shadowed Julie during consultations with professional athletes. I observed food service when I assisted in nutrient analysis and menu guide development for Eat Like the Pros. Entrepreneurship was a constant theme during my whole experience. In addition, Julie provided honest and constructive feedback, helped me develop self-awareness, challenged me to grow beyond my perceived limitations, connected me with the movers and shakers in nutrition, motivated me to join professional organizations, and above all, she was easy to communicate with. I could ask her any question I had about the real world, because she was in it.

Forming a sensible career path seemed overwhelming to me, but having Julie as a mentor helped me to make connections between text books in the classroom and real-world applications in the workplace. In addition, she shared her stories about her own climb to success and inspired me to start climbing as well. I stayed in contact with Julie and once I passed by RD exam, she decided to continue mentoring me and hired me! So, even though it was an unpaid internship at first, it absolutely paid off in the end!

Since the mentorship is between a mentor and a mentee, it is equally important to be a good mentee in order to have a successful experience. Here are three essential ways to foster a meaningful relationship:

- ♣ **Bring something to the table.** Your mentor may have a lot of experience and valuable advice, but give your skills and time to them too. Offer to take on small projects or teach them your tech-savvy ways. Pass along an interesting article or recommend a book. The mentorship is mutually beneficial when the mentor believes he or she can learn from you and wants to invest more in your relationship.
- ♣ **Be respectful.** The key to any great mentorship is respect. Make sure to show up for scheduled meetings, listen carefully, take notes and make sure you always express your appreciation. Above all, be willing to take the mentor's advice. Mentors will be encouraging, but they will also challenge you because they know this will benefit you, so be open to feedback.

-
- ♣ **Ask a lot of questions, but have answers too.** Your mentor will be a wealth of information, but don't expect him or her to tell you exactly what to do to be successful in your career. Give this some thought on your own and bounce your ideas off of your mentor.
 - ♣ **Remember, this mentorship is a two-way street.** Know what your goals for the mentorship are and communicate your needs, desires and objectives with your mentor.

Make it Happen:

- ♣ Find an RD who is willing to mentor you. This person can help you network with other facilities and RDs in the area to prepare you for the internship.
- ♣ If you are an American Dietetic Association member, take advantage of any mentorship program that will match you with a dietitian in your area that fits with your interests and goals. Contact your state dietetic association to find out about how to get a mentor or consider joining a dietetic practice group such as Nutrition Entrepreneurs or Vegetarian Nutrition, which offer excellent programs.
- ♣ If there isn't a mentorship program available to you, Google dietitians in your area. Reach out to them either by phone or email. The rest is up to you... now go get a mentor!

Join a Local Dietetics Group

4

True or False: "Dietetic Associations and Dietetic Practice Groups are for registered dietitians only." False. Joining your local dietetic association or a dietetic practice group is another very effective avenue for networking with RDs and even other students. It also shows involvement in profession—what selection committee doesn't like that?

Volunteer, network, attend meetings, or take on small projects. If your state doesn't have much opportunity for students, ask how you can change that! Dietetic association board members are leaders that you should get to know. Reach out to them immediately. Involvement with this group early on will allow you to create a foundation of experience that you can use to prove you are devoted to the profession. You will inspire other students to follow your lead and before you know it, you have cultivated passionate and enthused group of students to promote and advance the profession in the right direction! Do you see why this is so important? Hey, it looks AWESOME in your application too. :)

Make it Happen:

- ♣ Ask your local dietetic association if they need any student volunteers.
- ♣ Spearhead a state student dietetic association or increase the association's student participation.
- ♣ Help start a mentorship program or get a mentor through their established program to develop connections.

Create Leadership Opportunities

5

When I was a junior in college, I made the degree switch from biology to dietetics. I had some catching up to do with gaining leadership experience. My university's student dietetic association already had an executive board selected for senior year, so no luck there. I had an executive board committee position during my junior year on the Human Interest Professionals group on campus, but I still wanted something more nutrition-related...so what did I do? I created a leadership opportunity.

Create Leadership Opportunities

At the end of my junior year, I was assigned a group business plan project in a business communications class. My group decided on creating a partnership between the University of Illinois and the Eastern Illinois Food Bank. After hours of research and a successful presentation, I decided to take a risk and turn this project into a reality. During my senior year, I started a chapter of Students Team Up to Fight Hunger (STUFH), a national organization that links college campuses to their local food banks. I filled out all the paperwork necessary to make it an official organization. Then, I recruited my executive committee and developed goals to work toward during the year. For the next year, I coordinated food drives, ran fundraisers, and increased awareness of food insecurity on campus. Without a doubt, leadership was essential to getting this STUFH chapter off the ground. Starting this group allowed me to improve that skill and feel more confident in leadership positions.

Why is leadership essential to the application? Well, time and time again, directors are stating that this is what they look for in an applicant. It is plastered all over their websites, requested in the application letter, and often comes up in an interview. A career counselor once advised me that if you are going to put down that you are in an organization, you should only list it if you had a position with responsibility, as opposed to just a membership. This advice really stuck with me. Most selection committees would agree that being a leader in the field of dietetics is important, since it is the leaders that can impact the field in a positive way.

Also, note that there are about 226 didactic programs in dietetics (DPDs). Let's assume half of them have student nutrition clubs. Let's again assume that there are 5 executive board members. This is about 565 applicants that will have nutrition club leadership on their application. While this is impressive for any applicant, consider how you can be even more competitive by showing both leadership AND entrepreneurship. You can do it!

Make it Happen:

- ♣ Determine your community's or university's needs (i.e. hunger insecurity, nutrition education, and food policy awareness).
- ♣ Develop a business plan to define your focus for starting an organization and recruit other like-minded people to supplement your efforts.
- ♣ Cultivate your leadership skills, take risks, and learn from your experience.

Prepare Financially

6

True or False: “DIs are paid positions because we are like employees, right?” Most of the time, this is false. A very popular thought to ponder is how you are going to pay for a DI. Possible expenses include: application fees, computer matching fees, printing costs, mailing costs, travel expenses, and then eventually the tuition, insurance, books, lab coats, room and board and other program-related costs. This is astronomical for interns and college students who do not get paid! It’s unfortunate that there are financial limitations in many programs. And even with a stipend, some students still find it hard to cover even the most basic of costs.

A Rundown of Financial Sources

I vividly remember hearing about a DPD director telling a class of dietetic seniors about the time she was on food stamps during her DI. My mouth dropped immediately. What? Is it that bad? Well for me, I survived on all student loans, and knew many interns that did the same. I lived in a comfortable apartment and COULD afford groceries, thank goodness. I'll be in some debt, but I look at my loans as an "educational investment." I am confident that my return on investment will be exponential! Even so, financial costs for DIs seem to be high on the list of deciding factors for many applicants.

Here's a rundown of financial sources:

Scholarships – First, complete the American Dietetic Association Foundation scholarship application. Next, check out your local and state dietetic associations. This includes the state you are leaving and the state you are entering if they are different. Scholarships are a GREAT way to get your school paid for without having to pay it back. Be creative with Google too - try "nutrition scholarship" or "dietitian scholarship" and see what might come up. Throw in names of your respective states or cities too. You just never know.

Some programs have scholarships specifically for their interns. Others have state scholarships that are not as competitive as national scholarships. They are definitely worth applying to. Let's say you work on an application for 5 hours. Then, you get awarded a \$500 scholarship. You basically just got paid \$100 per hour! NICE!

Loans – They could be federal student loans, private student loans, or personal loans. Ask the program directors which loans are available to you during the internship. Do you know if the internship program has applied to the government for educational loan status? Also, is deferment possible for your undergraduate student loans?

Federal Family Education Loan (FFEL) Program:

- ♣ Low interest rates
- ♣ Loans deferred while student is enrolled in an eligible program of study at least half time
- ♣ Can be subsidized or unsubsidized

Subsidized Loans:

- ♣ Awarded on basis of financial need
- ♣ Federal government pays interest on the loan until you begin to pay it off (when you become less than a half time student)

Unsubsidized Loans:

- ♣ Not awarded on basis of need
- ♣ Interest begins to accrue at the time you receive the loan (the "disbursement date")
- ♣ Interest accrues from the disbursement date until you pay off the loan in full
- ♣ You can pay the interest or allow it to accumulate and capitalize

Part-time jobs – It is wise to ask graduated interns if they thought it was possible to have a part-time job during the internship. You can find internship reviews on All Access Internships that mention specific examples like waitressing, babysitting, weekend jobs as a diet technician, or jobs offered by the internship institution itself (Perhaps, help in the catering department?).

A Final Pep Talk on Finances

You might suspect there is no easy solution for the financial burden that comes with DIs, but definitely explore your options. You might find that it IS possible to get a little financial help and also feel settled about the fact that your bank account contains only borrowed money. Maybe then you will want to soak up everything the internship has to offer and get your money's worth!

I have one last piece of advice on money: I hear a lot of interns say that one of the challenges of an unpaid internship program is that you feel like you are working for FREE. If they are having a bad day, it is easy to complain about that fact that they are free labor. It basically becomes the scapegoat for their frustration. But I have a thought for you that will nip this bad attitude in the bud: Remember that this internship is the one last step you need to take until you reach your goal of becoming a registered dietitian. You are still paying for an education. Did you complain that you weren't getting paid to study in college? As you move along through the program, focus on the end goal of the internship: to be a competent entry-level registered dietitian.

Also, think about all of those people who didn't get matched. How lucky you are to even be in an internship? Many institutions lose money on providing a DI through liability or lost time teach-

ing, among other reasons. In fact, that is part of the reason that there aren't enough spots available to everyone that applies. Therefore, you know the people guiding and teaching you at the hospital are dedicated to the advancement of the field. Be thankful for this. Stay motivated, positive, and complaint-free. This should make for a more beneficial experience.

Have a Wide Variety of Experiences

7

True or False: “I need to have clinical experience in order to be competitive for an internship.” This may be true if the emphasis of the program is clinical. However, broad and unique experiences may sometimes outweigh clinical experience, depending on the selection criteria that the program director sets for its applicants. And since “a wide variety” implies having more than one dietetics experience, you must seek out experiences before your application year. Let’s get moving!

If you ask any dietetics student about what it takes to be more competitive with their internship applications you may hear, "Start volunteering soon and often!" Then, he or she will emphasize that you should get as many experiences as you can before you are in the process of applying. Your experience says a lot about your interests as well as your personality traits. Be proactive about gaining experiences by taking the initiative. Show that you have the ability to juggle multiple things at once. A great example is holding a part-time job during the semester. You also want to convey your willingness to learn new skills and show your enthusiasm for learning. Take on a position that may be extra challenging. As directors review your experiences, they will notice qualities like professionalism, multitasking, leadership, and solid communication (just to name a few).

Create Experiences worth Writing About

Your experiences are what you will use to show that you have the skills to excel in the internship. If you can't find good experiences offered through your school or within your community, start a new club or work with an RD that can be your mentor and provide invaluable one-on-one experience. It shows that you are a go-getter and are not afraid to take initiative!

Variety is Key

During the internship, each rotation may be very different from the others. Racking up exposure in a lot of different areas will make your internship year less intimidating. Getting experience in basic clinical, food service, and community areas is crucial, since these are required rotations for every DI. Once you've done that, expand to more specialized areas like research, business, entrepreneurship, sports nutrition, pediatrics, or communications. Not only will you have your bases covered with "typical" student positions, you can bolster your application with impressive additions that allow you to rise above the crowd.

Making the Ask

How exactly are you supposed to go about finding these impressive add-ons? Let me be the first to tell you that Google can only take you so far! As dietetics students, we all crave opportunities to prove ourselves in the professional world. However, you must be willing to take some risks. I want to let you in on my own personal secret called “making the ask”. Here’s how it works. If you haven’t already spent some time on the Internet researching companies, hospitals, professional organizations, dietitians in private practice, etc., then it’s time you got started. First, do the obvious. Check and see if they offer established internships or volunteer experiences. If they don’t, make the ask! If you don’t ask, your answer is always NO.

Not quite “experience-hungry” yet? Keep in mind that a wide variety of experiences will allow you to:

- ♣ Decide what you are interested in
- ♣ Gain contacts in the field
- ♣ Expand your skill set
- ♣ Prove to directors that you take initiative to gain as much experience as possible

Take Advantage of Breaks

If you are lucky enough to have them, utilize those month-long winter breaks to squeeze in more experience or even get started on applications! Here are some ideas to stay busy in between semesters:

- ♣ Volunteer at a food bank or soup kitchen. It will be especially busy during the holidays.
- ♣ Help an RD set up his/her blog and contribute posts regularly (nutrition communications!).
- ♣ Volunteer at a hospital for any holiday events, especially in the food service department.
- ♣ Start a blog of your own nutrition-related experiences.
- ♣ Reconnect with your summer job supervisor to see if they could use an extra hand.
- ♣ Use this time to set up shadowing appointments with a variety of RDs to get to know more about the field.
- ♣ Research and apply for summer job options. Many summer internships are filled by January.
- ♣ Collect awards, past work, and projects and create an online résumé using Blogger.com, Wordpress.com, or VisualCV.com. Put this link on your application résumé. It’s all the rage!

SUCCESS STORY: Making the Ask

Read the following success story by Katie Hamm, original co-founder of All Access Internships, who shares her story on how she found invaluable experience just by “making the ask”:

I became discouraged after tirelessly searching for an undergraduate internship in the nutrition field near my hometown with no real results. That’s when I came across the biography of an established dietitian for two major sports teams in Kansas City, Mitzi Dulan, RD, CSSD. After reading about her accomplishments and experiences, I knew this was someone with whom I wanted to work.

Figuring I had nothing to lose, I contacted her about creating my own internship under her guidance. Impressed by my initiative, she asked to see my résumé and requested a face-to-face interview. Once we met, she determined that I would be a good fit, and we started planning right away. I knew that I still needed a part-time job if I was selected for an unpaid internship, and Mitzi graciously remained flexible throughout our summer together. We met in person for a few hours twice a week where we discussed upcoming projects.

Mitzi’s “hands-on” philosophy allowed me to dive right into the dietetics profession despite having only completed my sophomore year at Kansas State University.

While she allowed me to sit in on her counseling sessions with professional athletes, she was determined to make this experience my own. I developed weekly posters on topics of my choice to display in the training room, a dining out guide for the players, wrote articles for her website, and attended one of her live TV segments for a local station. This summer, Mitzi was in the process of writing a book. She gave me the opportunity to complete research, write excerpts, and preview chapters as needed.

One of the most unique opportunities that arose out of working with Mitzi was being able to witness firsthand all that owning a business entails. This definitely was not a traditional internship! Mitzi and I developed a unique relationship as the summer progressed, and she constantly boosted my confidence in my abilities and encouraged my personal growth. At her suggestion, I read the book *The Success Principles* by Jack Canfield, which has opened up many new doors for me.

This is why I am writing this article! I want others to realize the value of taking responsibility for their lives and that they too can make it happen for themselves. During our time together, Mitzi encouraged me to join the Nutrition Entrepreneurs Dietetic Practice Group and listserv. It has instantly connected me with practicing RDs, and has kept me reaping the benefits of her entrepreneurial mindset even after we completed our time together.

Thinking back, I know that I never would have spent my summer under the guidance of such an inspirational individual if I gave in to the fear of rejection. Mitzi has even offered me ongoing, paid opportunities throughout the school year, simply because of the lasting partnership we created. I have gained all of this and more

because I made the ask. I encourage you to do the same! If you ask and do not receive, you are still at the same place as you were at before you asked. Nothing to lose, right? But if you ask and DO receive, think of all the possibilities! Don't be afraid to think outside the box. Your experience will surely outshine those of your peers if you start today by making the ask!

Find Experiences on All Access Internships
Check out the EXPERIENCE page, which can be found in the MEMBERS ONLY section, for a hidden treasure of opportunities. It is bursting at the seams with internships offered by exciting RDs that are willing to help students. You can gain a mentor and bulk up your application at the same time! Short-term internships, virtual internships, small projects and more are available for your choosing.

Make it Happen:

- ♣ List at least four areas of dietetics that you are interested in.
- ♣ Create a cover letter or introductory email template describing yourself, your past experience, and your interests.
- ♣ Approach at least 4 RDs or institutions that could provide you with a learning opportunity that meets your interests.
- ♣ Gain at least 1 experience in each of your chosen interest areas.
- ♣ Write down all the responsibilities you held and the skills you gained from each experience and save for when you are writing your application letters.
- ♣ Keep in contact with your supervisors and mentors, as they would make excellent recommendations when applying.