Didactic Program in Dietetics

Student Handbook
Welcome

Dear Student,

Welcome to the Didactic Program in Dietetics at St. Catherine University. This handbook is a valuable resource for you to use throughout your undergraduate dietetics education. It includes important curriculum requirements; the mission, goals and learning outcomes of the dietetics program; policies and procedures; and information that will lead to successful completion of the program and requirements for your baccalaureate degree. This handbook also describes the application process for pursuing a dietetic internship, the dietetics profession, and career opportunities.

We hope you find this handbook useful; we value your input and welcome your suggestions for changes or additions.

The nutrition faculty looks forward to working with you and guiding the first phase of your professional development.

Welcome and best wishes,

Megan Baumler, PhD, RDN
Assistant Professor
Director of Nutrition and Didactic Program in Dietetics
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Academy of Nutrition and Dietetics
New students are assigned to a faculty advisor upon entering the program, but are free to officially change advisors (via Kateway, Change of Advisor online form) or seek advice from other faculty in the program. Faculty post their office hours on their course syllabi. Faculty can also be contacted via phone, email and campus and department mailboxes. Making appointments in advance will allow faculty to give you quality, uninterrupted time.

It is important that you meet with your advisor before each registration period. The dietetics curriculum includes some courses offered every other year and others offered once a year. Your advisor can assist you in planning your class schedule to ensure courses are taken in proper sequence.

Dietetics as a Profession: Overview

Registered dietitian/nutritionists (RD/RDNs) are at the forefront of health promotion and disease prevention through nutrition intervention. RD/RDNs work in a variety of settings, including: counseling, health coaching, education, public health, food service, business, marketing, and many others. The practice of dietetics is continuously changing as more research is conducted on nutrients and on the role of food in health. RD/RDNs combine extensive scientific knowledge of food, nutrition, biochemistry, physiology and the role of food and nutrients in health and management with the behavioral and social sciences to perform their work. Dietetics also prepares individuals for leadership and management positions with special expertise in foodservice management, public policy, and program development.

Dietetics is a growing field with opportunity for employment in diverse areas including: clinical and community settings, counseling and education, schools, public health and policy, sports nutrition, food industry, long-term care facilities, management, and private practice, among others. Many work environments, especially those in healthcare settings require that an individual be credentialed as an RD/RDN. The demand for RD/RDNs is expected to grow by 21% between 2012 and 2022, faster than the average for all occupations according to the Bureau of Labor Statistics. [http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm](http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm)
Periodically, the Academy of Nutrition and Dietetics publishes a *Compensation and Benefits Summary of the Dietetics Profession*. The most recent survey was published in 2017. Approximately 59% of respondents were employed in clinical dietetics (acute, ambulatory, and long-term care), 10% in community, 10% in food and nutrition management, 9% in consultation and business, and 6% in education and research settings. Salaries can vary widely depending on practice setting and job responsibilities. However, in 2017, the median annual wage for RDNs was $63,340, representing a ~5% increase over the median salary reported in 2013 (but a small decline compared to the 2015 survey). Students who are members of the Academy of Nutrition and Dietetics can access the complete salary report for free at (http://www.eatrightstore.org/product/B2112E17-FF41-418C-8208-27539D3E5C0F).

Students who have an interest in food, nutrition, and management and want to work with the public to promote and optimize good health or to help individuals with existing medical conditions are excellent candidates for this field of study. The RD/RDN credential qualifies an individual as the food and nutrition expert to address today’s complex issues surrounding food and nutrition. To earn this credential, you must complete all of the following steps:

1. Earn a B.S./B.A. degree from an accredited Didactic Program in Dietetics (DPD)
2. Complete an accredited post-baccalaureate supervised practice program (dietetic internship), and
3. Pass a national registration examination

As of January 1, 2024 a graduate degree will also be required before an individual is eligible to take the national registration exam. Additional information can be found on the Commission on Dietetic Registration website. https://www.cdrnet.org/certifications/registered-dietitian-rd-certification.

St. Catherine University offers a DPD program only. After completing the program, you are eligible to apply for an accredited dietetic internship. Approximately 250 dietetic internships are located around the country. Dietetic internship programs include a minimum of 1200 hours of supervised practice experience and generally take 10 to 13 months to complete if you attend full-time. Most dietetic internship programs charge tuition for the supervised practice experience; tuition costs vary between programs. Additional information on dietetic internship programs can be found on the Department of Nutrition and Exercise Sciences D2L site, and more information will be provided at annual DPD meetings. Nationally, approximately 51% of applicants are accepted into supervised practice programs each year. On average, from 2004 to 2015, 58% of St. Kate’s DPD graduates have been accepted into supervised practice. Between 2015 and 2018, almost 100% of St. Kate’s DPD graduates have been accepted into supervised practice.

In the final step to earn the RD/RDN credential, students must successfully meet the requirements of the dietetic internship program and pass the national registration examination. After passing the exam, students can use the professional credential, Registered Dietitian (RD)/Registered Dietitian Nutritionist (RDN). Since the beginning of the registration exam in 1969, 100% of St Kate’s graduates have passed the exam.
Students who earn their RD/RDN credential and want to practice as dietitians/nutritionists may need to apply for state licensure before they are eligible to practice dietetics and provide nutrition counseling in states that require licensure, like Minnesota. Licensing statutes include an explicitly defined scope of practice, and performance of the profession is illegal without first obtaining a license from the state. A list of the states that require licensure is available on the Commission on Dietetic Registration website at: 


All registered and licensed dietitians abide by the Code of Ethics for the Profession of Dietetics. The Code of Ethics provides the values and ethical principles guiding dietetic practitioners in their professional practice. This document can be found at: 


For students who do not complete a dietetic internship, a degree in dietetics is good preparation for graduate study in nutrition science, public health nutrition, food science, and many other programs. A dietetics degree without an internship also can lead to employment as a nutrition assistant or dietetic technician, under the supervision of RD/RDNs, in hospitals, extended-care facilities, and community nutrition programs. There are also many job options within food companies, wellness programs, and health promotion organizations to name a few.

For additional information on the pathway to becoming an RD/RDN and for information on career opportunities, please visit the Academy of Nutrition and Dietetics website: 


St. Catherine University Didactic Program in Dietetics (DPD)

The Dietetics major was established in the College of St. Catherine Home Economics Department in 1935, received approval from the American Dietetic Association in the same year, and has maintained its approval/accreditation status since that time. In 2014, following the submission of a self-study document and an on campus site visit, the program received accreditation from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics for 7 years. The St. Kate’s DPD currently has accreditation status from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics. (120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606-6995, 800/877-1600 EXT. 5400) (www.eatright.org/ACEND).

The St. Kate’s dietetics curriculum is based on the 2017 ACEND Accreditation Standards for Didactic Programs in Nutrition and Dietetics (DPD). Our curriculum is grounded in the liberal arts, and has a strong foundation in the sciences of chemistry, microbiology, physiology, and the social sciences. The major courses provide a strong foundation in foods including food science, intercultural foods, experimental foods and nutrition, and foodservice management. Nutrition is studied beginning with the essential nutrients and includes applications across the lifespan and in the community. Upper-level courses include medical nutrition therapy, and advanced nutrition. In addition, the curriculum includes courses in current issues in food and nutrition, and nutrition education and counseling.
The faculty believes hands-on learning in labs, field experiences in the community, and experiential learning enhance student achievement. Several courses have labs, including all foods classes, foodservice operations management, and medical nutrition therapy. The current issues in nutrition course includes observations and service learning projects in the community and students present nutrition lessons to a variety of clients in the nutrition education and counseling course. Furthermore, students have the opportunity to experience field trips, trade shows, guest speakers, and participate in meetings of professional organizations.

Throughout your undergraduate education at St. Kate’s, the missions of the University, the Henrietta Schmoll School of Health, the Nutrition and Exercise Sciences Department and the DPD seek to prepare professional women who are competent, ethical leaders. We strive to help you develop skills in critical thinking, problem solving, writing proficiency, and information technology. To meet the challenges of an ever-changing world, life-long learning and participation in professional organizations are strongly encouraged.

After successfully completing the graduation requirements for a baccalaureate degree and the dietetics major, you will receive a Verification Statement and are eligible to apply for a dietetic internship. The internship provides the supervised practice required prior to taking the national registration examination. Successful completion of the examination allows you to use the credential, Registered Dietitian (RD)/Registered Dietitian Nutritionist (RDN).

The DPD at St. Kate’s is highly regarded. External reviewers report that the program has been strong for many years and is well-recognized by practitioners in Minnesota and the Upper Midwest. The program is also given high marks by dietetic internship directors who have St. Kate’s graduates in their internship programs. We receive consistent feedback that our students are well prepared and excel in their internships. They also note that St. Kate’s students benefit from their liberal arts education and solid foundation in science. This major prepares you to be a professional in the diverse career paths emerging in the field of food, nutrition, and dietetics.

Many of our graduates are leaders in their professional organizations at the local, state, and national levels. St. Kate’s faculty members are also active in their professional organizations, and regularly attend local, state, and national conferences. Dietetic students are encouraged to attend professional meetings and present posters at the local and state dietetic association meetings.

St. Kate’s dietetic graduates have been employed in many roles such as dietetic internship directors, college educators, research dietitians, nutrition consultants, public health nutritionists, dietitians in business, community, school lunch, foodservice management, and clinical dietitians in health care facilities. Others are employed in sports nutrition, corporate wellness, eating disorder treatment programs, private practice, medical sales, and in nutrition research.

The next several pages describe:
a. St. Kate’s Liberal Arts Goals
b. Mission Statements - University, School, Department, DPD
c. St. Kate’s DPD Goals, and Outcome Measures
d. Knowledge Requirements for Dietitians (KRDNs), from the 2017 Accreditation Standards of the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics

Goals of a Liberal Arts Education at St. Catherine University

St. Kate’s has identified seven themes in liberal arts education to encompass the knowledge, skills, and attitudes that we seek to develop in our graduates. A full description of these themes is described here: https://www.stkate.edu/about/mission-and-vision/liberal-arts-learning-goals. Based on our commitment to women, the liberal arts, and the Catholic traditions of intellectual inquiry and social teaching, an education at St. Kate’s emphasizes:

- Leadership and Collaboration
- Ethics and Social Justice
- Diversity and Global Perspectives
- Critical and Creative Inquiry*
- Discipline-Based Competence**
- Effective Communication in a Variety of Modes
- Purposeful Life-long Learning

* Breadth of knowledge applies to all degrees except the graduate degrees, where the focus is on in-depth development of disciplinary skills.

**Discipline-Based Competence applies to all degree programs except the Associate of Arts Degree Program

St. Catherine University Mission Statement

St. Kate’s educates students to lead and influence. Inspired by its visionary founding in 1905 by the Sisters of St. Joseph of Carondelet, more than a century later the university serves diverse students, with a baccalaureate college for women at its heart and graduate and associate programs for women and men.

At all degree levels, St. Kate’s integrates liberal arts and professional education within the Catholic tradition, emphasizing intellectual inquiry and social teaching, and challenging students to transformational leadership. Committed to excellence and opportunity, St. Kate’s develops ethical, reflective and socially responsible leaders, informed by the philosophy of the women’s college and the spirit of the founders.
Henrietta Schmoll School of Health Mission Statement

The Henrietta Schmoll School of Health (HSSH), educates diverse learners and engages clinical and community partners to influence health, health systems and health policy.

The School is distinguished by an emphasis on relationship-centered care, socially responsible leadership and interdisciplinary initiatives.

Department of Nutrition and Exercise Sciences Mission Statement

The Department of Nutrition and Exercise Sciences integrates liberal arts and professional education within the Catholic tradition into teaching its students to lead and influence. In preparing its students to be professional, ethical, and transformational leaders, the Department of Nutrition and Exercise Sciences develops content expertise grounded in scientific research and evidence-based practice through an engaging and progressive curriculum, an active and collaborative research program, and a commitment to sustainability. Strong inter-professional and community collaborations empower students to reflect upon multifaceted issues facing a diverse population, challenging them to advocate for hopeful and meaningful change.

DPD Mission Statement

The DPD supports the missions of St. Catherine University, the Henrietta Schmoll School of Health and the Nutrition and Exercise Sciences Department and strives to prepare women who are competent, ethical leaders in dietetics. Graduates embrace social responsibility, lifelong learning, and professional excellence.

DPD Goals and Outcomes Assessment

**Program Goal 1:** The Didactic Program provides a well-balanced curriculum grounded in the liberal arts that prepares competent women to meet program requirements for a baccalaureate degree and who are eligible to become successful RDs/RDNs, to complete graduate education, or to obtain related employment.

**Program Objectives for Goal 1:**

**Program Completion Rate:**

1. At least 80 percent of the program students must complete program/degree requirements within 150% of the time planned for completion (6 years with planned program length of 4 years).

2. Over a 5-year period, students who complete their LinkedIn profile will have an average score of 4.0 (on 5.0 scale) on the Senior LinkedIn Page Rubric.
Employment and Supervised Practice Program Application/Acceptance Rate:

1. 50 percent of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.

2. 70 percent of program graduates are admitted to a supervised practice program prior to or within 12 months of graduation.

3. Of graduates who seek employment, 80 percent are employed in nutrition and dietetics or related fields within 12 months.

Exam Pass Rate:

1. The program’s one-year pass rate on the CDR credentialing exam for dietitian nutritionists is at least 80 percent.

2. The program’s first-time pass rate on the CDR credentialing exam for dietitian nutritionists is at least 80 percent.

Program Satisfaction Ratings:

1. 90 percent of students graduating who complete the survey will rate themselves as mostly-prepared (an average of 4.0 on 5.0 scale) in content areas on the Graduation Survey.

2. 80 percent of supervised practice program directors that return survey state graduates are competent and well-prepared and rate graduates at an average of 4.0 (on 5.0 scale) in content areas on the Dietetic Internship Director’s Survey.

Program Goal 2: In accordance with missions of St. Catherine University, the Henrietta Schmoll School of Health, and the Department of Nutrition and Exercise Sciences, the Didactic Program in Dietetics educates women to be critical thinkers, lifelong learners, and ethical leaders in their professional careers and in the organizations to which they belong.

Program Objectives for Goal 2:

Critical Thinking:

1. Over a 5-year period, 90 percent of graduating seniors who respond to the Graduation Survey will write 1-3-year professional development goals.

2. Over a 5-year period, directors who respond to the Dietetic Internship Director's Survey will rate students with an average score of 4.0 (on 5.0 scale) on the survey’s assessment of critical thinking skills.
3. Over a 5-year period, students who respond to the 1-5 Year Graduate Survey will have an average score of 4.0 (on 5.0 scale) on self-assessment of critical thinking skills.

Lifelong Learning:

1. Over a 5-year period, 75 percent of graduates who respond to the 1-5 Year Graduate Survey will write 1-3 year professional development goals.

2. Over a 5-year period, 75 percent of graduates who respond to the 1-5 Year Graduate Survey will report they are members of a professional organization.

3. Over a 5-year period, 75 percent of graduates who respond to the 1-5 Year Graduate Survey will report participation in lifelong learning as evidenced by having completed an advanced degree, specialty certification, participation in continuing education, conferences/workshops/classes or other avenues.

Ethical Leadership:

1. Over a 5-year period, 60 percent of graduates who respond to the 1-5 Year Graduate Survey will document a leadership role in a professional community or organization.

DPD Outcomes Data

The program outcomes data shows how well the DPD is meeting the 5-year pass rate criteria for the Registration Examination for Dietitians/Nutritionists and the 5-year acceptance criteria of the DPD graduates into dietetic internship programs. This data is available by request. Outcomes data for the program goals are available upon request. Individuals may request any of this information from the DPD director, Megan Baumler, PhD, RDN (mdbaumler155@stkate.edu).

Core Knowledge for the RD/RDN

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) has established several knowledge requirements for dietitian nutritionists (KRDNs). Each of the elements listed below must be included in DPD programs. For more information, please see http://www.eatrightpro.org/resources/acend/accreditation-standards-fees-and-policies/2017-standards.

The DPD curriculum must prepare students with the following core knowledge:
Domain 1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.

**KRDN 1.1** Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

**KRDN 1.2** Use current information technologies to locate and apply evidence-based guidelines and protocols.

**KRDN 1.3** Apply critical thinking skills.

Domain 2. Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice.

**KRDN 2.1** Demonstrate effective and professional oral and written communication and documentation.

**KRDN 2.2** Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe interprofessional relationships in various practice settings.

**KRDN 2.3** Assess the impact of a public policy position on nutrition and dietetics practice.

**KRDN 2.4** Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

**KRDN 2.5** Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

**KRDN 2.6** Demonstrate an understanding of cultural competence/sensitivity.

**KRDN 2.7** Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession.

**KRDN 2.8** Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

Domain 3. Clinical and Customer Services: Development and delivery of information, products and services to individuals, groups and populations.

**KRDN 3.1** Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.
**KRDN 3.2** Develop an educational session or program/educational strategy for a target population.

**KRDN 3.3** Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

**KRDN 3.4** Explain the processes involved in delivering quality food and nutrition services.

**KRDN 3.5** Describe basic concepts of nutritional genomics.

**Domain 4. Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organizations.**

**KRDN 4.1** Apply management theories to the development of programs or services.

**KRDN 4.2** Evaluate a budget and interpret financial data.

**KRDN 4.3** Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

**KRDN 4.4** Apply the principles of human resource management to different situations.

**KRDN 4.5** Describe safety principles related to food, personnel and consumers.

**KRDN 4.6** Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

**Program Planning**

St. Catherine University’s DPD achieves the KRDNs through a variety of required courses. The following program planning sheet provides an example of the required major courses, supporting courses, and liberal arts requirements. Students may select a B.S. or B.A. degree. Please note, program planning sheets vary by catalog year. The following example applies to students in the 2018 – 2019 catalog- year. Updated hard copies can be found in the Nutrition and Exercise Science Office, Butler 102.
# Student Planner

**Nutrition and Exercise Sciences**  
**Dietetics B.S.**

<table>
<thead>
<tr>
<th>First Year</th>
<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
</tr>
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<tbody>
<tr>
<td>PSYC 1001 - General Psych *</td>
<td>CHEM 2010 - Org Chem I &amp; Lab</td>
<td>FSNU 3200 - Food Science I &amp; Lab</td>
<td>FSNU 4170 - Current Topics in Foods</td>
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<tr>
<td>CHEM 1110 - General Chem I &amp; Lab *</td>
<td>BIOL 2510 - An&amp; Phys I &amp; Lab</td>
<td>PHIL 3400 - Biomedical Ethics</td>
<td>FSNU 4550 - Medical Nutrition Therapy I</td>
</tr>
<tr>
<td>CORE 1000W - The Reflective Women *</td>
<td>FSNU 2200 - Food Science I &amp; Lab</td>
<td>BIOL 2200 - Intro to Microbio &amp; Lab</td>
<td>Liberal Arts Core/Free Elective</td>
</tr>
<tr>
<td>Liberal Arts Core</td>
<td>IPE 1030 - Health Care Teams (2 cr)</td>
<td>FSNU 3350 - Lifelong Nutrition</td>
<td>Liberal Arts Core/Free Elective</td>
</tr>
<tr>
<td>EXSS 1100 - Women’s Fit &amp; Well (2 cr) *</td>
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<tr>
<td>CHEM 1200 - General Chem II &amp; Lab</td>
<td>BIOL 2520 - An&amp; Phys II &amp; Lab</td>
<td>FSNU 2800 - Internat &amp; Comm Nutr &amp; Lab **</td>
<td>FSNU 4510W - Exp Food &amp; Nutr &amp; Lab</td>
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<tr>
<td>Liberal Arts Core/Intensive Writing</td>
<td>FSNU 2200 - Nutrition Foundations</td>
<td>FSNU 3550 - Food &amp; Nutrition Mgmt **</td>
<td>GSN 4322 - Medical Nutr Therapy II &amp; Lab</td>
</tr>
<tr>
<td>Liberal Arts Core</td>
<td>HLTH 1090 - Biostatistics *</td>
<td>Liberal Arts Core</td>
<td>CORE 3993W - GSI</td>
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### REQUIRED MAJOR COURSES (48 cr.)

<table>
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<tr>
<th>Course</th>
<th>Credits</th>
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<tr>
<td>PSNC 2400 - Nutrition Foundations</td>
<td>4 cr</td>
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<tr>
<td>PSNC 2500 - Intercultural &amp; Comm Nutr &amp; Lab **</td>
<td>4 cr</td>
</tr>
<tr>
<td>PSNC 2900 - Food Science I &amp; Lab</td>
<td>4 cr</td>
</tr>
<tr>
<td>PSNC 2300 - General Nutrition</td>
<td>4 cr</td>
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<tr>
<td>PSNC 2500 - Nutrition Management **</td>
<td>4 cr</td>
</tr>
<tr>
<td>PSNC 3600 - Food Science I &amp; Lab</td>
<td>4 cr</td>
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<tr>
<td>PSNC 3770 - Nutrition Ed &amp; Counseling</td>
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<tr>
<td>PSNC 4200 - General Issues in Food &amp; Nutr</td>
<td>4 cr</td>
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<tr>
<td>PSNC 4300 - Advanced Nutrition</td>
<td>4 cr</td>
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<tr>
<td>PSNC 4305 - Exp Food &amp; Nutr &amp; Lab</td>
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<td>PSNC 4350 - Medical Nutr Therapy I</td>
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<tr>
<td>PSNC 4375 - Medical Nutr Therapy II &amp; Lab</td>
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### REQUIRED SUPPORTING COURSES (40 cr.)

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<td>BIOL 2620 - Anatomy &amp; Physiology I &amp; Lab</td>
<td>4 cr</td>
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<tr>
<td>BIOL 2620 - Anatomy &amp; Physiology II &amp; Lab</td>
<td>4 cr</td>
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<tr>
<td>CHEM 1110 - General Chemistry I &amp; Lab</td>
<td>4 cr</td>
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<tr>
<td>CHEM 1120 - General Chemistry II &amp; Lab</td>
<td>4 cr</td>
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<tr>
<td>CHEM 2010 - Organic Chem I &amp; Lab</td>
<td>4 cr</td>
</tr>
<tr>
<td>CHEM 2400 - Nutr Biochem &amp; Lab</td>
<td>4 cr</td>
</tr>
<tr>
<td>PHIL 3400 - Biomedical Ethics</td>
<td>4 cr</td>
</tr>
<tr>
<td>PSYC 1001 - General Psychology</td>
<td>4 cr</td>
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<tr>
<td>PSYC 2025 - Life Span Development Psych</td>
<td>4 cr</td>
</tr>
<tr>
<td>HLTH 1090 - Biostatistics (or equiv)</td>
<td>4 cr</td>
</tr>
<tr>
<td>IPE 1030 - Health Care Teams</td>
<td>2 cr</td>
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### REQUIRED LIBERAL ARTS CORE

<table>
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<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>History and Literature OR Two Language Courses</td>
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<tr>
<td>Fine Arts</td>
<td></td>
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<tr>
<td>Theology</td>
<td></td>
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<tr>
<td>Philosophy</td>
<td></td>
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<tr>
<td>Math/Stats or Logic</td>
<td></td>
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<tr>
<td>Behavioral and Social Science</td>
<td></td>
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<tr>
<td>Natural Science</td>
<td></td>
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<tr>
<td>Writing Intensive Course</td>
<td></td>
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<tr>
<td>EXSS 1100 - Fit &amp; Well - 2 cr</td>
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<tr>
<td>CORE 1000 (TFW)</td>
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<tr>
<td>CORE 3993W - GSI</td>
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### WORK/INTERNSHIP EXPERIENCE

Non-credit work experience is strongly encouraged

### Oral Communication

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Please be mindful that 130 credits are required to graduate. Meet with your academic advisor regularly for careful planning.

*Course contributes to a liberal arts core requirement

**Course is offered every other year in the even-year spring semester (e.g., 2018, 2020, 2022)

**Note**: This sample program plan shows how all courses can fit together to fulfill the Accreditation Council for Education in Nutrition and Dietetics (ACEND) standards. Free electives in your area of interest can be taken to fulfill the 130-credit requirement. Students considering a minor area of emphasis or post-graduate studies (e.g., graduate, medical/dental, physician assistant programs) may require additional courses. Transfer students may be required to take more than five major courses in residence to fulfill ACEND requirements.

Jan 2018
Declaring a Nutrition and Exercise Sciences Major

First semester sophomores, new transfer students and second degree students are encouraged to indicate their interest in the major as early in their academic career as possible to ensure proper advising and course sequencing. To declare your major:

- Log on KateWay
- Choose Registrar
- Fill Out a Form
- Forms for Students
- Change of Major Form: College for Women

Acceptance into the Dietetics Major

Acceptance into the dietetics major is a two-step process. In order to gain acceptance into the dietetics major, students must declare a dietetics major through Kateway and complete the dietetics Petition to Major process.

Use this link to complete the Petition to Major process:
http://stkate.az1.qualtrics.com/jfe/form/SV_6Qo3EB6qb9Ags85

Submissions will be reviewed once a year in January. Letters of acceptance will be emailed in February. Students are encouraged to apply as early as possible in their time at St. Kate’s, but not later than the semester during which they complete half of the major courses required.

First semester sophomores, new transfer students, and second major certificate students all need to complete the dietetics Petition to Major process.

Acceptance into the dietetics major depends on the following criteria:

The student must:

1. Have completed at least 40 semester credits of college work accepted by St. Catherine University at the time of application.

2. Have and maintain an overall GPA of at least 3.0.

3. Achieve and maintain compliance with requirements for the Henrietta Schmoll School of Health. This includes all required immunizations and background checks.

4. Sign a statement of understanding after reading the Dietetics Handbook

Acceptance into the dietetics major means that, at the time of acceptance, the department faculty feels you have the necessary qualities to succeed in the dietetics major.
You are required to meet with your academic advisors at least twice per year to discuss progress toward your degree and review your GPA and compliance status. We strongly encourage you to participate in all department meetings and college activities. Success in the major will depend greatly on your interest, effort, and cooperation.

**Note:** Acceptance into the dietetics major does not ensure a dietetic internship match.

**Transfer and Second Degree Students**

**Transfer Students**

Transfer students should follow the St. Kate’s Baccalaureate Day Program Admission procedures in the university catalog. Previous coursework completed at an accredited college or university will be evaluated for transfer by the registrar. Required supporting courses and courses to fulfill dietetics major requirements will be reviewed by the DPD Director. It is important for potential transfer students to recognize that ACEND accreditation standards require students to meet all DPD learning outcomes in order to receive a Verification Statement. Each DPD creates a dietetics curriculum at their college or university to meet ACEND Knowledge Requirements and Learning Outcomes. A major course taken at another DPD may or may not be accepted in transfer. A syllabus for the course plus an official transcript documenting course completion must be provided for review. A final decision for a course to be transferred to St. Kate’s to fulfill DPD requirements will be made by the DPD Director.

**Second Degree Students**

Students who have completed a baccalaureate degree from a regionally accredited institution may pursue a second degree at St. Kate’s. Individuals who wish to become an RD/RDN may complete the major courses and required supporting courses for the DPD. When all the DPD requirements are complete, a student will receive a Verification Statement and will be eligible to apply for a dietetic internship.

**Graduation Requirements in Dietetics**

At the time of enrollment at St. Kate’s, you will have six years to complete all DPD requirements to earn a Verification Statement. Exceptions to the guidelines may be made in certain situations. These situations will be handled on a case-by-case basis at the discretion of the DPD Director.

Students who begin the DPD as first year students and who take 16 credits per semester can complete the DPD in 4 years. Transfer students may take longer to complete the program. In order to graduate from St. Kate’s with a major in dietetics and to be eligible for an ACEND Verification Statement, the student must meet the graduation requirements as defined by the University and the DPD.

- A minimum of 130 semester credits including:
1. completion of the liberal arts and sciences core requirements for either the B.A. or B.S. degree, as appropriate to the major;
2. acceptance into and completion of the requirements for an approved major
   - Demonstration of required proficiency in writing
   - Completion of the residency requirement of 48 of the last 64 semester credits in residence
   - Completion of an Intent to Graduate form
   - Complete the required related work experience and/or internships
   - Dietetics Portfolio or equivalent

**Verification Statement**

Upon completion of the DPD, you will receive a verification statement. This document is important and needs to be kept in a safe place. The signature of the DPD Director verifies you have successfully completed all requirements for the DPD and a baccalaureate degree. Within one month of graduation, graduates who have completed all the requirements will receive six copies of their verification form. This form is required by supervised practice programs and/or by some graduate program directors.

**Portfolio**

In your final semester, of your senior year, you will be assigned a nutrition faculty member to use as a resource for creating a polished LinkedIn Profile.

LinkedIn is an electronic space that represents your learning and accomplishments as a dietetics major at St. Kate’s. A completed LinkedIn profile and graduation surveys are typically due a few weeks before your expected graduation date.

**DPD Costs**

Details on the DPD tuition rates (and refund payments if withdrawing) can be found on the St. Catherine University website [https://www.stkate.edu/academics/academic-resources/student-accounts/](https://www.stkate.edu/academics/academic-resources/student-accounts/).

In addition to costs for tuition/housing, this is an estimate of DPD expenses:

- **Books (estimate/semester)** $600-800 per semester
- **Student membership, Academy of Nutrition and Dietetics** $58 annually (highly recommended)
- **Background checks & immunizations** $100
- **Health Insurance (required)** Variable cost
Travel (student is responsible for travel to off-campus field experiences.)

St. Catherine University Policies & Procedures

There is a wealth of information on Kateway on the university policies and procedures page.

Additional DPD Policies/Procedures

Insurance Requirements

St. Kate’s requires all students to carry health insurance. The catalog has information regarding the health insurance requirements. Professional liability insurance is not required for students in the DPD.

Health Information, Immunization Requirements, and Background Checks

The Henrietta Schmoll School of Health expects students to comply with requirements for immunization and background checks. Off-campus learning experiences are included in several courses, for example: FSNU 3770 Nutrition Education and Counseling, FSNU 3600 Foodservice Operations Management, and FSNU 4375 Medical Nutrition Therapy II. Faculty and students who provide direct care, including: face-to-face care, training, supervision, counseling, consultation or medication assistance to the people being served by the facility, must provide documentation of the following:

a. rubella and rubeola immunity
b. negative tuberculosis test (Mantoux) administered and read within prior 12 months or negative chest x-ray
c. inoculation for diphtheria and tetanus within the last ten years
d. evidence of declination or completion of hepatitis B vaccine series

Students may be required to complete additional background checks for some off-campus learning experiences.

Injury or illness During Experiential Learning

Students carry their own health insurance while in their programs. Students are not employees of the University or Facilities or Experiential Learning site; therefore, students are responsible for cost incurred if injured or ill while at a site.

Travel Liability

Personal auto insurance is the responsibility of the student and will provide the necessary coverage for safety in travel to and from field experiences in the community. Students are responsible for their own transportation to field experience locations. Students must provide evidence of automobile liability insurance if requested and may be required for to pay for parking.

Vacation and Time Away
Students are expected to attend classes and experiential learning in accordance with the dates described on the St. Catherine University academic calendar. The University observes several holidays and also makes effort to allow students to observe additional sacred holidays without academic penalty. Students are responsible for providing course instructors or experiential learning sites with reasonable notice of absences for sacred observation. Excused absences for vacation are unlikely.

**Compensation for Work**
Sometimes students receive paid compensation for work done within the Department of Nutrition and Exercise Sciences. All paid work must be arranged through the St. Catherine University Human Resources Department and is subject to University-defined policies and procedures.

As a reminder, students doing experiential learning must not be used to replace employees. Please contact your DPD director if you have questions about the appropriateness of the work you are asked to do at an experiential learning site.

**Student Files**
Students have the right to inspect and review the education records the University maintains on them. St. Catherine University fully abides with FERPA (Family Educational Rights and Privacy Act).

**Student Complaints**
St. Kate’s has policies and procedures in place for student and practitioner complaints. If you have a concern with a specific staff, faculty, course, or program you should first speak to the individual (e.g. course instructor or program director). If you do not feel comfortable doing so, or do not feel the issue is resolved, meet with the Department Chair to discuss your concerns. To file a formal complaint, please follow the University process for filing a grievance [http://catalog.stkate.edu/policies/stu-non-acad/comp-griev/](http://catalog.stkate.edu/policies/stu-non-acad/comp-griev/).

If you remain unsatisfied with your attempts to resolve the issue, you can submit complaints directly to the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Please contact ACEND only after the above options have been exhausted. The contact number for ACEND is 1-800-877-1600, ext. 5400.

**Assessment of Prior Learning**
The university has a process for assessing prior learning that is described in the university catalog.

**Disciplinary & Termination Procedures**
Disciplinary and termination procedures are discussed in the University catalog.

**Student Expectations**
Dietetic students are preparing for professional careers. As a student, it is important to develop habits and positive behaviors that will be assets in your future career. Faculty is often
asked to write letters of recommendation for students. The usual characteristics addressed include: dependability, maturity, enthusiasm, professionalism, interest, ability to follow directions, ability to work independently, positive attitude, leadership, ability to work with others, etc. Assessment of these attributes is largely based on observed behavior in classrooms and in labs. In a sense, students write their own letters of recommendations by their actions, demeanor, achievement, and attitude in classes.

**Written Work**

All assignments should use correct spelling, grammar, punctuation, and sentence structure. References must be cited correctly and consistent with the AMA citation format.

**Academic Integrity**

The academic integrity policy of the university must be followed. Consequences apply when students do not act with academic integrity. Academic integrity is a core set of values and principles. The International Center for Academic Integrity defines academic integrity as a "commitment, even in the face of adversity, to six fundamental values: courage, honesty, trust, fairness, respect, and responsibility. From these values flow principles of behavior that enable the academic communities to translate ideals to action." St. Catherine University subscribes to these fundamental values with the goal of creating a culture of academic integrity for students, faculty, and staff.

For more information, please see the University policy on Academic Integrity: [http://catalog.stkate.edu/policies/stu-acad/grad/acad-integrity/](http://catalog.stkate.edu/policies/stu-acad/grad/acad-integrity/).

**Assessment during the DPD**

Formal assessment of student learning and regular reports of performance and progress are completed at specified intervals throughout the program. You have access to your course grades throughout the semester via D2L, or by meeting with your professors. Student learning is formally assessed through mid-semester and final grades that are available to students via Kateway.

**Program Retention and Remediation**

If you are not meeting program expectations (GPA 3.0 or greater), your advisor will work with you to get additional assistance for your courses. You may be referred to the O'Neill Center for Academic Development for assistance; tutors are often available to work with you. You may also want to meet with Academic Advising for assistance.

If, despite your best efforts, you are not meeting program expectations, your advisor will help you consider another Nutrition and Exercise Sciences major, such as Nutrition Science, or the combined major in Exercise Science and Nutrition.

**Support Services**

St. Catherine University provides comprehensive support and assistance ranging from disability resources, to counseling, to academic assistance, and career development. These services are designed to make accommodations, provide information, and offer support to
students facing any issue that might hinder their ability to succeed academically. More information can be found at https://www.stkate.edu/students/support-and-assistance.

The O’Neill Center for Academic Development supports students’ academic success through the following services:

- tutoring for specific content areas
- writing skill development
- math skill development
- English as a second language (ESL) assistance

The O’Neill Center for Academic Development also provides accommodations for students with disabilities. Professional staff collaborates with the student to ensure full access. This may include identifying appropriate accommodations such as:

- alternative testing arrangements
- instructional materials in alternative format
- notetaking arrangements
- assistive technology
- ASL interpreters

https://www.stkate.edu/academics/academic-resources/oneill-center

Scholarships

Dietetic students may apply for a number of scholarships annually. The Department of Nutrition and Exercise Sciences awards several scholarships. Applications are usually due in March. The Minnesota Academy of Nutrition and Dietetics Foundation awards a Leadership Scholarship (www.eatrightmn.org) and the Academy of Nutrition and Dietetics Foundation offers a number of different scholarships (www.eatright.org). The Academy applications are due in February.

Awards

Kappa Omicron Nu, the Human Sciences Honor Society, recognizes scholastic achievement. Eligible students are invited to become members each year.

The Minnesota Academy of Nutrition and Dietetics has an Outstanding Dietetics Student Award. Annually, one student may be nominated from each educational program in the state.

St. Catherine University Honors program allows faculty to nominate qualified students for university academic and leadership awards. These honors are presented at the annual awards convocation in the spring.
Dietetic Internship Applications

A formal dietetic internship is required for students who complete the St. Catherine University DPD program and who wish to become an RD/RDN. In brief, dietetic internships vary in length and average about 12 months. They are located throughout the United States. Combined internship-masters programs may take two or more years to complete. There are two application deadlines each year, one in September and one in February. The Dietetics Program Director holds several meetings to explain the dietetic internship application process each year.


Computer Matching for Dietetic Internship Applications

Dietetic internships are awarded through an online computer matching system. Each applicant can receive only one match, which is determined by “matching” prioritized lists from applicants and dietetic internship directors.

Several fees apply throughout the process:
- Online Dietetic Internship Centralized Application System (DICAS) application fee: $40.00 for the first internship and $20.00 for each internship applied thereafter
- Application fees to each internship program: approximately $30.00-$60.00 per application
- D&D Digital computer matching: $55.00

Tuition and Fees for Internships

The tuition and fees for dietetic internships vary by program. In general, internships cost anywhere from $5,000 to $50,000 per year depending on the type of program, location, and other factors (e.g. graduate credit or degree). These costs do not include costs for living, travel, etc.

Dietetic Internship Application Process

The internship application process takes several months to complete. This is an example of what the fall timeline looks like for a student applying for the February match.

OCTOBER AND NOVEMBER

1. Review your transcripts
   You must complete all liberal arts, major course, and supporting course requirements in order to graduate. You need a total of 130 credits. You are not eligible to apply for an internship until the final semester of your DPD program.
2. Transfer credits
Request that all credits are transferred to St. Catherine so that they appear on your St. Catherine transcript. For the DICAS application, you will need to submit an official transcript from each college or university you have attended.

3. Internship
Determine which programs you would like to apply to. Begin working on your resume and personal statements. Obtain application materials for each dietetic internship program you would like to apply to. For more information, refer to “The Dietetic Internship Application Checklist” at the end of this packet.

Questions to ask when selecting dietetic internship programs

- What is my long-term goal?
- Do I want a dietetic internship or a combined dietetic internship with graduate credit?
- Do I want to work together with a group of interns, or would I consider a distance internship that requires me to work without a group?
- What area of emphasis is most important to me?
- What programs have rotations that meet my long-term goal and preference for emphasis?
- What geographical location is the most appropriate choice for me?
- How soon would I be ready to start an internship? Can I start in May or do I need to work the summer before the program begins?
- How much does the program cost? How can I finance the program?
- How many dietetic interns does the program accept?
- What criteria does the program have for acceptance? Do I meet the criteria?
- Do I need to take the GRE to apply for this program?
- Do my strengths match the strengths the program is looking for? For example, if you have significant work experience, search for a program where work experience is a primary feature of the selection process.

4. GRE (Graduate Record Exam)
Everyone applying for internships is encouraged to take the GRE. The GRE is required for most graduate programs and some internships. Visit www.ets.org/gre for more information. The O’Neill Center also has GRE information.

Please schedule your appointment for the GRE at least two months in advance. January gets busy at the testing site. Test results are typically available 10-15 days following completion of the exam.

NOTE: Carefully check each dietetic internship application to see if any of the programs you are interested in require the GRE. Also, graduate programs may require GRE scores earlier (see #5).
5. Graduate School
   It is important to have more than one plan for next year. Internships are not guaranteed. Be honest with yourself and confidently identify your alternative plans.

   You may consider graduate school as a method of becoming a Registered Dietitian. If you do not match for an internship, it is useful to have the option to go to graduate school. An early decision about graduate school means that you can apply for financial aid (generally due in January or February). Check each program’s requirements to ensure you have taken the GRE prior to their deadline.

   **NOTE:** The University of Minnesota deadline for graduate programs is December 1.

6. Resume
   You need to prepare a stellar resume. The DICAS application requires a resume. It is also important to give a copy of your resume to the people you ask to write letters of recommendations for your applications.

   It is never “too late” to add related work experience. Volunteer and paid experiences in food, nutrition, and dietetics are a necessity, but they can also help your application stand-out.

7. Student Membership in the Academy of Nutrition and Dietetics
   Consider joining the Academy of Nutrition and Dietetics as a student-member. You can join AND at [www.eatright.org](http://www.eatright.org).

   The AND Foundation Policy requires students to be AND members to be eligible for ANDF Scholarships. (You **must** join before January 1, 2018.)

**DECEMBER AND JANUARY**

Please see “The Dietetic Internship Application Checklist” for additional details.

Complete the Following:

- **Personal Statement (PS):** (Also called Letter of Intent or Letter of Application). Each internship program application includes their requirements for a PS. In the DICAS application the PS has specific directions. Some internship programs will ask specific questions, some will tell you to write 1-2 pages about yourself and why you want to be a dietitian. PS need several revisions. For ideas on writing an effective PS, visit “The Road to RD” website at: [http://www.road2rd.com/](http://www.road2rd.com/).

- In January request official transcripts in sealed envelopes from the St. Catherine University Registrar, make sure fall semester grades are posted.

- Request transcripts from all colleges you have attended. You will need transcripts from every college or university you have attended for the DICAS Application and “paper packets.”
- Complete the “Intent to Complete Degree Form” or “Verification Form”
- Complete the Computer Matching Card from D&D Digital

Sample Dietetic Internship Application Checklist – St. Catherine University

<table>
<thead>
<tr>
<th>Check off as completed:</th>
<th>Deadlines:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Tasks</strong></td>
<td></td>
</tr>
<tr>
<td>Select 10 - 15 internship sites you’re interested in (you will narrow this list to 5 or so). ✓ Academy’s website listing of programs: <a href="http://www.eatrightacend.org/ACEND/content.aspx?id=10760">http://www.eatrightacend.org/ACEND/content.aspx?id=10760</a> ✓ Applicant Guide to Supervised Practice – on D2L or in a binder in Butler ✓ Contact program directors for application materials</td>
<td></td>
</tr>
<tr>
<td>Develop an application checklist for all potential programs (make note of early application deadlines)</td>
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<tr>
<td>Set up D &amp; D Digital Systems account for computer matching (<a href="http://www.dnddigital.com">http://www.dnddigital.com</a>) and pay $50 match fee (opens mid-December).</td>
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</tr>
<tr>
<td>Pay DICAS Fees</td>
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<tr>
<td>Take GRE (Graduate Record Exam)</td>
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<tr>
<td><strong>Resume</strong></td>
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<tr>
<td>Build a solid resume: list experiences, memberships, awards/honors, certifications, etc. (use Career Services)</td>
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<tr>
<td>Make appointment with Career Services / Writing Center to review 1st draft of resume</td>
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</tr>
<tr>
<td>Make appointment with your advisor to review 2nd draft of resume</td>
<td></td>
</tr>
<tr>
<td>Review final draft of resume with career services</td>
<td></td>
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<tr>
<td><strong>Dietetic Internship Centralized Application Service (DICAS)</strong></td>
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</tr>
<tr>
<td>Set up a DICAS online account - Dietetic Internship Centralized Application Service (<a href="https://portal.dicas.org/">https://portal.dicas.org/</a>)</td>
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</tr>
<tr>
<td>Once you have confirmation from your reference writers, input their names and contact information into DICAS (DICAS opens, mid-December)</td>
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<tr>
<td>Begin completing the Standard Program Application on DICAS</td>
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<tr>
<td>Enter all colleges/universities attended on DICAS</td>
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<tr>
<td>Print out the Transcript Request forms for each college/university on DICAS</td>
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</tr>
<tr>
<td>Request official transcripts from all colleges/universities attended</td>
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<tr>
<td>Request St. Kate’s transcripts after January to include fall grades</td>
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<tr>
<td>Upload the Official St. Kate’s DPD Course List to application. (Located on D2L)</td>
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<tr>
<td>Compare DICAS application to individual internship application checklists you created – Does the internship application require anything additional?</td>
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</tr>
<tr>
<td>Designate programs you’re applying to under the “Program Designation” section of DICAS</td>
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<tr>
<td>Upload any additional items required by internships in the “Program Designation” section of DICAS</td>
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<tr>
<td>Upload Personal Statements to DICAS – be sure to select appropriate PS for each program</td>
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</tr>
<tr>
<td>Select 3 references for each program to which you’re applying on DICAS (this is a required step and you will not be able to submit your application without doing this).</td>
<td></td>
</tr>
<tr>
<td>Review final draft of DICAS application with your program director.</td>
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</tr>
<tr>
<td><strong>Personal Statement (PS)</strong></td>
<td></td>
</tr>
<tr>
<td>Begin drafting your Personal Statements (PS)</td>
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</tr>
</tbody>
</table>
Remember: the PS will be specific to each DI
Refer to DICAS for standard PS requirements
Refer to program websites for specifics

- Review your statements with a trusted peer (e.g. ideally another applicant, parent, close friend)
- Make appointment with Career Services / Writing Center to review 1st draft of PS
- Make appointment with your advisor to review 2nd draft of PS
- Review final drafts of Personal Statements with DPD Director

Letters of Recommendation
- Request 3 letters of recommendation from academic and professional references

Final Deadlines
- XXXX is Last day to submit completed DI Applications. NOTE: some programs have early deadlines
- XXXX D & D Digital computer matching prioritization (ranking) deadline by 11:59 pm (CST)
- XXXX Last day to mail supplemental materials/fees to internships.
- XXXX Deadline to reorder online list of prioritized DIs, if desired

This checklist is to help you plan for the DI application process and does not include all steps in the application process. It is your responsibility to visit DICAS, D&D, & individual DI program websites for final instructions & deadlines.

What You Can Do to Strengthen Your Application for a Dietetic Internship

The criteria used for admission of students to most supervised practice programs include: academic performance, letters of recommendation, and related work/volunteer experience. Getting involved early in your college career will allow you to compile a variety of experiences and build a strong resume.

Related Work/Volunteer Experience is Vital

Relationships with individuals working in food and nutrition or healthcare settings matter. A strong network of mentors is invaluable for your personal references. Examples of opportunities include, but are not limited to:

- Hospital, long-term care facility, or a group home
  - Nutrition server, diet clerk, food service worker etc.
- WIC (Women, Infants and Children)
- Foodservice
  - Kitchen/cafeteria, catering, restaurant, schools, grocery stores
- Community
  - Food shelves, Meals on Wheels, farmer’s markets, community gardens, Open Arms
- Health and Wellness
  - Fitness center, summer camp, group classes
- Industry
  - Food companies, medical products
- Schools
  - Health/physical education classes, after-school programs
- Other health-related opportunities
- Personal care attendant (PCA), healthcare assistant (HCA), nursing assistant (NA), phlebotomist, medical scribe (anything that gets you exposure to our healthcare system)
  - Laboratory/Research

Other Experiences
- Take on leadership responsibility: campus organizations, clubs, church, sport teams
- Attend meetings of the Minnesota Academy of Nutrition and Dietetics, Minnesota Academy of Nutrition and Dietetics - Twin Cities, Institute of Food Technologists, Food and Consumer Science Professionals, and other related professional organizations
- Network and make connections with professionals in the field
- Become a student member of the Academy of Nutrition and Dietetics, Minnesota Academy of Nutrition and Dietetics, Minnesota Academy of Nutrition and Dietetics - Twin Cities, or other related organizations
- Attend food and nutrition-related conferences
- Shadow a dietitian or schedule an informational interview

Develop Skills
- Proficiency with another language
- Writing and public speaking
- Leadership
- Software programs such as Power Point, SPSS, or Publisher
- Social media - Twitter, Facebook, Instagram, Pinterest, LinkedIn, YouTube, blogs
- Food service software systems such as CBORD®
- Electronic medical records
- Food photography
- Cooking and culinary skills
- Take an additional course or courses, such as Sports Nutrition, Intercultural Communications, Interpersonal Communications, Marketing, or other business courses
- Obtain other certifications: CPR, First Aid, ServSafe etc.

Jobs in Nutrition and Dietetics
(RD/RDN may or may not be required)

Media
- Nutrition writer for health newsletter, magazine, or other media
- Nutrition writer for the internet, including nutrition articles, “ask a nutritionist”
- Health speaker
- Book or cookbook author
- Food critic

Clinical - Hospital
- Clinical dietitian
- Dietetic technician or certified dietary manager
- Nutrition assistant
- Dietary aide

Clinical - Outpatient/Counseling
- Nutrition educator (i.e. WIC)
- Health coach
- Private practice
- Commercial weight loss program counselor (i.e. Weight Watchers)

Community
- Cooperative Extension
- Grant-funded programs
- Public Health Specialist
- Corporate Wellness
- Personal Trainer (with additional certification)

Management
- Restaurant Management
- Health Food Store Management

Food Service
- Food Service Manager or Assistant Manager at:
  - Hospital
  - Assisted living
  - School District
  - College/University
  - Corporation
  - Contract Management Company
  - Entertainment venues
  - Restaurant
  - Resort or Hotel
  - Health Inspector
  - USDA/FDA Inspector
  - Quality Control Technician/Manager
  - Restaurant Consultant (labeling or menu development)

Education (may need additional license)
- High school/junior high health education teacher
- High school/junior high science teacher
- Elementary School Teacher

Research
- Clinical Research Assistant
- Research Chef
Sales
- Food Company
- Medical Supplies
- Medical Devices
- Pharmaceutical Company
- Specialty Food and Beverage
- Nutritional Supplement Sales
- Sanitation Chemicals
- Foodservice Equipment

Industry
- Food Scientist
- Food Technologist
- Marketing Specialist
- Taste Tester
- Food Stylist/Photographer
- Food Product Analyst

International
- Peace Corps
- Non-Government Organizations

Government
- Department of Education
- State job: Staff Services Analyst
- Health and Human Services
DTR and CDM Exams

DPD graduates are eligible to work as dietetic technicians and certified dietary managers.

Dietetic Technician Registered (DTR):
Individuals who have completed a DPD and have a DPD Verification Statement are eligible to take the registration exam for dietetic technicians without meeting further academic or supervised practice requirements. Further information can be found on the CDR’s website at www.cdrnet.org.

Certified Dietary Manager (CDM), Certified Food Protection Professional (CFPP):
Four year Food and Nutrition graduates are eligible to take the CDM Credentialing Exam to earn the Certified Dietary Manger, Certified Food Protection Professional (CDM, CFPP) credential. Further information can be found at http://www.anfponline.org/become-a-cdm.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) was founded in Cleveland, Ohio, in 1917 by a visionary group of women, led by Lenna F. Cooper and ADA’s first president, Lulu C. Graves, who were dedicated to helping the government conserve food and improve the public’s health and nutrition in World War I.

The Academy of Nutrition and Dietetics Members
Approximately 75 percent of the Academy’s nearly 80,000 members are registered dietitians/ nutritionists (RD/RDN’s) and four percent are dietetic technicians, registered (DTRs). Other members include consultants, educators, researchers and students. Nearly half of all Academy members hold advanced academic degrees.

Academy members represent a wide range of practice areas and interests including public health; sports nutrition; medical nutrition therapy; diet counseling, cholesterol reduction, diabetes, heart and kidney disease; vegetarianism; foodservice management, hospitals, restaurants, long-term care facilities and education systems; education of other health-care professionals and scientific research.

Academy of Nutrition and Dietetics Mission
Accelerate improvements in global health and well-being through food and nutrition.

Academy of Nutrition and Dietetics Vision
A world where all people thrive through the transformative power of food and nutrition.
Affiliated Associations
Fifty state dietetic associations, plus the District of Columbia, Puerto Rico and the American Overseas Dietetic Association, are affiliated with the Academy of Nutrition and Dietetics.

Benefits of Student Membership in the Academy of Nutrition and Dietetics
Joining the Academy of Nutrition and Dietetics will enable you to enhance your educational preparation and gain access to a wealth of career building resources. For more information, visit: [http://www.eatrightpro.org/resources/membership/membership-types-and-criteria/student-member](http://www.eatrightpro.org/resources/membership/membership-types-and-criteria/student-member).

Student membership allows reduced student rates to attend the Academy's Annual Food & Nutrition Conference & Expo (FNCE).

Academy of Nutrition and Dietetics Contact Information
The Academy of Nutrition and Dietetics, is located at: 120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606. You can contact them by phone: (800) 877-1600, or via their website: [http://www.eatright.org](http://www.eatright.org). The Academy website is home to many value resources including many public and professional resources, advocacy and policy documents, the Evidence Analysis Library, and educational tools including merchandise for events like National Nutrition Month.

Journal of the Academy of Nutrition and Dietetics
The most widely read peer-reviewed periodical in the dietetics field, the monthly Journal brings original research, critical reviews and reports and authoritative commentary and information to nutrition and dietetics professionals throughout the world. Access the table of contents, research study abstracts and selected articles at [www.eatright.org](http://www.eatright.org).

The Academy of Nutrition and Dietetics Position Statements
The Academy of Nutrition and Dietetics regularly produces and updates position statements of the Academy’s official stance on issues that affect the nutritional and health status of the public. Position statements address issues such as children’s health, food technology and safety, public health, consumer education, health-care reform, elderly nutrition and health-care provider education. Academy position statements are derived from the latest available research and facts. Position Statements are available on [www.eatright.org](http://www.eatright.org).

Professional Education Programs
The Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND) is recognized by the Council on Higher Education Accreditation and the United States Department of Education as the accrediting agency for education programs that prepare dietetics professionals. ACEND accredits more than 600 undergraduate and graduate didactic programs, dietetic technician programs, and supervised practice programs.

Academy of Nutrition and Dietetics Foundation
The Academy of Nutrition and Dietetics Foundation’s mission is to fund the future of dietetics through research and education. The foundation achieves its goals by providing
support for research, education and public awareness programs and is the largest grantor of scholarships in nutrition and dietetics.

**Credentialing Agency for Dietetics Professionals**

The Commission for Dietetic Registration (CDR) ([www.cdrnet.org](http://www.cdrnet.org)) awards credentials to individuals at entry and specialty levels. CDR also provides recertification via continuing professional education or examination.