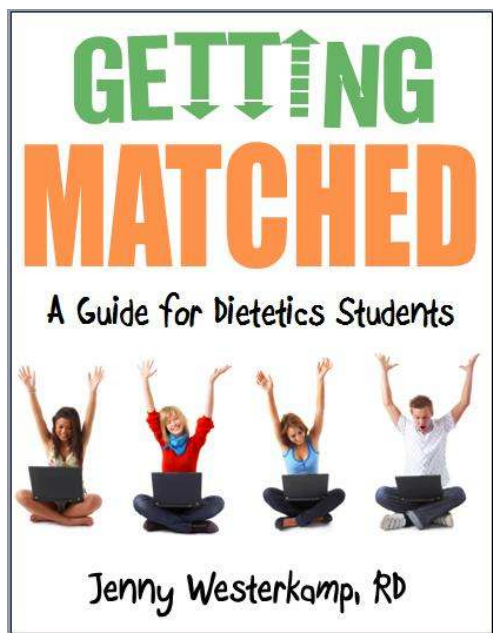


What's New at All Access Internship?



Getting Matched: A Guide for Dietetics Students

My new e-book, *Getting Matched: A Guide For Dietetics Students*, is the culmination of knowledge from students, interns, internship directors, undergraduate directors, and firsthand experience, which makes it a must-have resource for any dietitian-to-be. It is clear that there are not enough dietetic internship spots available to the thousands of applicants that wish to obtain one. While this e-book does not solve that problem, it does intend to supply its readers with the information they need to reach their potential and increase their odds of getting matched. *Someone* has to get that internship spot, right? This e-book makes that spot more in your reach! It will be available for purchase June 15th! Check it out soon on allaccessinternships.com!

Nutrition Entrepreneurs Student Group!

In my new position as Incoming Director of Awards and Networking for the Nutrition Entrepreneurs DPG (that's a mouthful!) I will be in charge of moderating the Student listserve! The Nutrition Entrepreneurs Students listserve provides a forum for our student members to communicate and interact with colleagues nationwide regarding the challenges facing students interested in entrepreneurship. To join, you must be a student member (\$15 for the year). You will have access to all the listserves too and many other member benefits that you can check out at nedpg.org. If you have any questions, let me know!

Announcing the "My Secret to Success" winners:

Tara Olson
Ashlie Lewis
Meredith Harper
Michelle Rauch

Look for their submissions in *Getting Matched: A Guide for Dietetics Students*!

The Earlier the Better: Pre-Internship Advice

By Ashley Brigham



Hi, my name is Ashley Brigham and I am a junior dietetics major Biology minor at the University of Delaware. I love being outdoors and enjoy any outdoors activities such as running, hiking, biking, skiing and going to the beach.

As I am quickly approaching my senior year at the University of Delaware, I have been apprehensively awaiting the dreaded dietetic internship application process. I then realized, WHAT AM I WAITING FOR? It is never too early to start researching and becoming familiar with the wide variety of internships that might interest you once you graduate. There is a great amount of competition in DI programs across the country. My intent in this article is to provide you with a few tips on how to be successful in attaining your dietetics internship.

1. **Be Proactive:** You could start your internship search as early as one year before you graduate. The ADA website has a list of possible accredited dietetic internship programs with a more detailed version in the applicant guide which is usually available in your university's dietetics' department office. Realizing and understanding the different types of internships available is a critical step in the application process. After choosing whether you would like a broad emphasis internship which touches on many different areas or whether you would like your internship to specialize in a specific area, the process as a whole will seem a lot less overwhelming.

*The different specialty areas include: clinical, community, management, and consultant dietitians.

2. **Work now pay later:** It is extremely important to put in the work and time now in order to get the grades, experience, and confidence that will definitely pay off once you are ready to apply. GPA is one of the most heavily weighted criteria when choosing an applicant for an internship position. A GPA of 3.0 is usually the minimum requirement for most of the programs. Although getting experience in the dietetics field before graduation is usually tough and quite competitive, volunteering is always an option.
3. **Be Organized:** Once you know which internships you would like to apply for, you must find out what each internship requires in their application for evaluation. Some of these requirements include: GPA, GRE, references, and work experience. It is preferable to start compiling application materials at least several months in advance. Usually five or six is the maximum amount of internships a person will apply for. It is extremely important that as an applicant, you follow the directions on each application separately. Be sure that the package is neat and well-organized. Presentation is KEY!

I hope you find this advice helpful, and wish luck to everyone in their dietetic endeavors!

Financial Aid Process

By: Megan Watterson



To any college student, whether entering or continuing a higher education, the financial aid process can be daunting. Although the process itself can be stressful, its benefits and rewards can far outweigh the initial upset and overwhelmed feeling.

First we'll start with the basics, there are many different types of financial aid available to college students; these include federal aid, loans, scholarships, military aid, and many others! The most widely used form of financial aid is federal aid. One can apply for federal aid by filling out the FAFSA or "Free Application for Federal Student Aid"; you can do this online or receive an application from your school. The best way I found was to complete the application online at www.fafsa.ed.gov which offers help and step-by-step instructions to assure correct completion of the FAFSA form.

Before even starting to fill out the FAFSA it is wise to collect all the materials that will be needed in order to complete the form. These documents include your social security card, driver's license, income tax returns, bank statements, and investment records. It is also helpful to complete the application with a parent, seeing as how you'll need all your parents' financial information as well. Eligibility for federal financial aid depends upon your own and your parents' income level. However, if you do not meet eligibility requirements (which can be found on the website mentioned above) there are still plenty of options!

Fafsa.ed.gov also helps you determine your dependency status by filling out a simple questionnaire. In general, unless you are married, 24 years or older by December 31st of the awarded year, are or will be enrolled in a master's or doctoral program, have children who receive more than half their support from you, have dependents other than children or a spouse, are an orphan or ward of the court, or are a veteran of the US Armed Forces you will be classified as a dependent student. A student's health insurance is also an important consideration; any student can stay under their parent or guardian's plan as long as they are in school. Most likely you will get sick at least once during your pursuit of a higher education and student health services on campus can be a cure! Now these medical services can either be under your parent or guardian's health insurance or you can apply to get health insurance through your future university. Both health insurance options have drawbacks and benefits so the decision depends upon what is most affordable and convenient to you and your guardians.

Loans from a bank are a great option to help pay for tuition, loans do require a co-signature so your parents' or guardians' credit record is a determining factor. Scholarships are available from your high school, town, or future university. Most scholarships depend on your GPA and unfortunately can be jeopardized from one semester to another if it does not remain at the stipulated level. Military aid can be obtained if a parent or guardian is in the armed forces, or if you yourself are interested in a military career. Military aid is only available for US citizens; this type of aid is a wonderful resource and has the potential to pay for your entire college education!

There are many forms of financial aid out there to help you pay for your higher education, research them online, ask your guidance counselor about different payment options, even ask friends or family members who have been or are enrolled in college. The best way to receive accurate financial aid information pertinent to your own college is to get in touch with their financial aid office; they have plenty of guidance and resources available to you and your parents. In the end, a great college experience is priceless and financial aid is a tool to help you and your parents enjoy it without the worry of finances!

How to Make the Most of Your Undergraduate Experience

By: Amanda Saucedo

Incoming intern at CSU Long Beach, CA



Being involved and gaining experience in this field is crucial to stand out in internship applications. Searching for experiences can be a daunting task because of factors like availability of positions, time conflicts, the economy or finding something that interests you. When I was looking for experiences during my undergraduate career I had a combination of those factors influencing me. In response, I had to become creative so I came up with a few tips that I would like to share. These tips can also be helpful if applied to situations other than undergraduate experience. I plan on using them during my internship!

Be persistent. It can be difficult to find the right experience for you but don't let that be daunting. Use AAI's extremely helpful "Get Experience" section where they list many different experiences that you can become involved, including virtual ones as well! When I started to look for work AAI was not around so I emailed RDs in my area asking them for advice on how to start getting more involved in this field and if they knew of any volunteer positions. Look into any resources your school might have for getting involved. My school had a list of contacts in our area that have accepted students for both volunteer and paid work. You need to do the leg work. One lead goes to another and things just happen!

Come into it with an open mind. I'm a firm believer that anything you learn regardless if it's relevance can be a valuable asset. Having an open mind also allows you to be receptive to new areas that you might not have thought of being interested. Be creative and find aspects of something you are doing now that that can be applied to something of future use. I was able to translate a lot of the skills and information that I learned in my non-nutrition related experiences to this field. For instance, I plan on having a private practice so in a past administrative job I held I took advantage of learning the budget process and analyzing data for cost efficiency.

Set goals for yourself. What would you like to get out of this experience? This is a question that I've been asked numerous times by both volunteer and paid positions. The experience can be so much more fruitful when you have an idea of what you would like to accomplish. Whenever I was asked that question my reply was, "Anything. I want to learn it all." This isn't the best response obviously because there is not enough time to learn every aspect of the job. It helps to have set some kind of direction for yourself. Even if you're eager like me to just get involved with anything still have a list in your head of certain areas that you would like to learn more about whether it be a specific or general interest.

Stay committed. When searching for an experience always keep in mind how much time you will be able to dedicate to it. With the shortage of internship spots looming overhead it becomes easy to want to try and be a part of everything but this results in poor work. Don't burn bridges by stretching yourself so thin that it becomes impossible to complete the work you promised to do. Staying committed especially extends to virtual experiences. With this type of work you are not in direct contact with the person making it a little more challenging with staying on top of everything. For virtual work email will most often be the primary method of communication. It's very easy for your email to get buried among the mass of other emails so don't be discouraged if a response back is not received back immediately and don't be afraid to send out another email if there has not been any response after some time. Never underestimate the use of the "old fashion" telephone if emails don't work!

RD Exam Tips

By: **Monica Lobo, RD**

Sincerelynutrition.wordpress.com

[Twitter.com/dearnutrition](https://twitter.com/dearnutrition)

* **Dietitianexam.com**

Short summary of content followed by review exams; practice exams in the end as well ended up just memorizing information without fully understanding it

***Hess & Hunt Review of Dietetics 2007-2009 edition (\$150)**

Very descriptive content in outline form

No practice exams thus difficult to test information retained

***Breeding & Associates**

Great content that consider various learning styles of students: provided in illustrations, charts, diagrams, outlines, etc. practice exams provide after each section/category, very helpful in trying to review and retain information when closer to the exam date

***Breeding & Associates Flash Cards 2008**

Use in combination with other review material to test knowledge retained

Answers and explanations provided but in short form so you may need to do additional studying to really understand it

***RD in a Flash**

Questions are not organized per category, which is a great way to get comfortable with the style of the actual exam

Great variety of different types of questions

***Other Tips:**

- **Trust yourself.** Try not to heavily depend on how others studied because it's so easy to believe them. For example, I was told by an old intern that she just went through the Hess & Hunt binder once and passed. The same did not go for me. I failed; knowing that just reading through something once is not how I retain information. I'm the type of person who needs to go through everything at my own pace over and over again.
- **Get your hands on as many practice questions as you can.** This is great for testing yourself and your knowledge and figuring out what areas you need to work on. It's also a great way to learn without feeling overwhelmed with all the pages and pages of information you have yet to review.
- **Make sure you understand...everything.** When reviewing material and/or practice exams, make sure you completely understand why those answers are the answers. Also, understand why the other answers are incorrect. Get in the habit of doing this, you'd be surprised just how much more you'll learn and understand and be able to apply.
- **Stay positive, and confident.** During one of my motivational readings, a study was done where people who would think negatively about an outcome tend to be physically weaker. The thought is, do you really want to feel weak and inadequate while studying and/or taking this exam? Not at all! You must maintain a positive and motivating mentality throughout; it really does make a difference.
- **Know your goal, and keep it that way.** I get test anxiety so it really helped for me to constantly calm myself by keeping my eye on the prize. I wrote my goal down on a post it and carried it with me in my wallet wherever I went so that every time I opened it, I saw my goal and did something a little extra to make it happen. Goal: "I will pass my RD board exam with a score >25 on April 17, 2010." It really does work. It did wonders for me. I also had a pep-talk in the testing center washroom to pump myself up and stay positive without getting too confident.

Career Spotlight

Kelly Grant, RD, NC

Registered Dietitian / Adult Weight Management Specialist / Natural Chef



Kelly is a Registered Dietitian and is Certified in Adult Weight Management with the American Dietetics Association. She also holds a degree as a Natural Foods Chef specializing in Holistic Nutrition. Kelly is a nutrition coach, speaker, natural chef, entrepreneur and writer.

Kelly became passionate about nutrition when she endured her own health struggle. She has learned first hand that food is your best medicine. Now that she is well, her personal health struggle has led her to make it her life mission to help others use healing foods to boost their immune system, increase energy and help prevent illness.

Her unique experience includes having worked at several of the top destination health resorts in the world. She was the nutrition expert at both Miraval Resort, which is known as Oprah Winfrey's Favorite Spa, as well as Canyon Ranch Health Resort in Arizona, where she spent years studying integrative and holistic nutrition. She has also worked under Andrew Weil MD, Barry Sears MD and the former Surgeon General. She has contributed to Self Magazine, Discovery Health, CBS News Television, as well as worked with Washington Capitals and San Francisco Giants. Kelly excels at teaching others the tools that make optimal living fun and realistic, while she carefully considers her clients unique needs, food preferences and busy schedule.

Kelly currently has her own wellness practice that is based solely on word of mouth recommendations. Kelly received her Bachelor of Science degree in Dietetics from the University of Delaware and completed her Dietetic Internship with Sodexo-Mid Atlantic Dietetic in Baltimore, MD. She received her Natural Chef degree from Bauman College in Berkeley, CA.

Best Advice to new RD's:

Think outside of the ADA box!

Don't let anyone tell you that you cannot do something that you are passionate about doing

Don't EVER get no for an answer! Keep getting yourself out there

Learn how to cook

Know how to sell yourself—if not you then who will

For the Love of Food Jackie Newgent, RD, CDN



“How did you get where you are today?” That’s one of the most popular questions I get from dietetic students and dietitians alike. Well, there’s not really a simple answer. But I’m sharing the highlights here in hopes that they may inspire you in some way on the exciting career adventure that awaits you. My career has roots all the way back to my early childhood. My first word was an Arabic word for food. My mother was a caterer and I was her favorite kitchen helper from the time I could barely put one foot in front of the other. It was crystal clear from then that somehow food would be an integral part of my life. Though, at the time, I didn’t know I would actually get paid the “big bucks” at something I loved to do so much. I didn’t know that food would be the focus of my career.

Though I had a strong passion for cuisine, my parents had come to an early decision that I would be their child that goes to medical school. I had excellent grades, so I too thought I should become a physician. I didn’t consider any other career ... other than a quick side-thought about studying music at Julliard. That idea was quickly laid to rest by my father who convinced me that I would never make money as a musician. (Though, in another life, I do plan to become one!)

So off to school to study pre-med I went. I found little enthusiasm for what I was studying at the time. And I found a little too much zeal for a social life. I quickly realized that I had no desire to attend medical school, much to the dismay of my parents. So I began to investigate other careers. That’s when I discovered medical dietetics. It was like a bright light instantly going on and I knew that’s what I was meant to do ... become a dietitian.

As a dietitian I held many different positions, trying them on for size until I eventually found my way back to food. Though food played a role in all of my positions early on, it seemed to be more an afterthought. I did always find unique ways to include cuisine or cooking into my nutrition jobs, however. Regardless, I was still chasing my true culinary passion. That’s when I decided that I needed to go the extra mile.

I attended culinary school. It was after that when I can say I finally found my way to the exact career path I was meant to be on. It was a delicious blend of nutrition and culinary arts. Life has been truly exciting since then. I didn’t start making much money at first. But I never ever gave up!

I don’t consider what I do to be a job. I write cookbooks. I’m involved in food media—from magazines to television. I teach at a culinary school. I’m a spokesperson for the food industry. And I’m constantly adding to this list. I look at my career as an adventure. And I wish everyone to be so lucky as to do what they love ... and make money while doing it. That’s my wish for you.

How can you make this wish for you to come true?

1. Don’t always listen to your parents’ advice!
2. Consider what you are most passionate about and find a way to incorporate that into your career.
3. Remember this: Doing what makes you happy leads to happiness. That means if you have a choice between a high paying job that sounds uninteresting to you and a lower paying job that you believe you’ll love, your best bet is likely to take the lower paying opportunity. Eventually it’ll lead to wealth ... and you’ll be smiling in the meantime.
4. Be patient. Successful careers are not made overnight—or even over a couple of years.
5. Never give up!

Jackie Newgent, RD, CDN, is a culinary nutritionist, chef instructor, and award-winning author of *The All-Natural Diabetes Cookbook* and *Big Green Cookbook*. Her next cookbook will be published by Wiley in fall 2012! For more, visit jackienewgent.com.

GET EXPERIENCE

Check out allaccessinternships.com/experiences.php for more!

Chef Jackie Newgent, RD, CDN

Location: New York City (Brooklyn)

Category: Food Service

Description: Cookbook recipe testing interns needed for a major healthy cookbook. You'll start with recipe/ingredient preparation (mis en place) and be given full recipe testing opportunity based on performance. Several interns will be needed between June 2010 and June 2011. You'll need to be available for at least 20 hours. Opportunities for future paid projects are possible.

Paid: Unpaid, but perks include MetroCard and food!

Contact: Jackie Newgent, RD, CDN: jnewgent@aol.com

Kelly Grant, RD, NC

Location: Virtual

Category: Social Media for RD's

Description: My current marketing is 100% word of mouth which is great but I need social media expertise!! I am looking for 1-2 interns to help me create a website, update educational materials, create a blog, and any other creative ideas the intern would like to implement in exchange for shadowing, building your portfolio and mentoring advice.

Paid: Unpaid

Contact: Email Kelly Grant, RD, NC kellygrantrd@gmail.com

AAI Volunteer Update

We are still looking for Internship Profile Auditors, Newsletter Contributors, Student Club Liaison and Marketing Assistants! To apply, email Jenny Westerkamp, RD at jenny@allaccessinternships.com with the following:

1. Name
2. Email
3. Current School or Internship
4. Your Availability (start and end date, hours/week)
5. Preferred position

June's Resolution for RD's-to-Be

Don't sit back – seek out your own opportunities

"What if you, too, were to greet every interaction in your life with the question 'What's the potential opportunity that this is?'" -- P.48, *The Success Principles* by Jack Canfield

Would you like to write for All Access Internships?
E-mail newsletter@allaccessinternships.com with your article idea!

Editor's Note

By Merav Shikler, All Access Internships Newsletter Editor

"The secret to making PROGRESS is 'Pray with your feet MOVING!' Faith without WORK is dead!"
- Anthony Robbins

Take Action! The right time to start is always NOW!

Thank you for reading! Don't forget to sign up for free on All Access Internships. . Also stay connected with AAI by clicking on these icon links on the homepage:



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