

What's New?

Match day is almost here! As we wrap up another application season, please let us know how we can make All Access Internships better for the next round of applicants! Please fill out our short survey here:

<http://tinyurl.com/aaisurvey>

Call for bloggers to be listed on our blog roll! Do you have a blog? We want to show you some link-love, so email our blog manager, Kate Donelan, at blog@allaccessinternships.com with your blog title and link and we will post on the AAI blog!

Get Involved

Want to be a part of our team? Gain real-world experience that will REALLY be impressive when it's time to apply for dietetic internships or your first job!

Because this site is designed for students, your input is crucial. You will not just be a stereotypical "intern", relegated to completing meaningless tasks. Your assignments will be relevant and exciting. Imagine being able to say that you developed a marketing plan for a company at age 20 or having the opportunity to use this experience to research internships to which you are already considering applying! All Access Internships welcomes any and all of your ideas in order to make our service as beneficial to its users as possible. Rest assured that your voice will be heard at AAI.

Currently, we only offer unpaid opportunities. However, we feel that the networking opportunities, professional experience, and ability to help dietetic interns will be rewarding in and of itself. As the site expands, exceptional volunteers may be offered more responsibility, even leading to a paid position within the company.

Choose from the following positions:

- **Internship Profile Auditor**
- **Newsletter Contributor**
- **Student/Intern Blogger**
- **Official State Spokesperson**
- **Social Media Assistant**
- **Marketing Assistant**

To apply, email Jenny Westerkamp, RD at jenny@allaccessinternships.com with the following information:

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

We thank you for your interest in volunteering and we look forward to working with you!



Get Experience

Feeding Philosophies

www.feedingphilosophies.com

Location: Laguna Beach, California (onsite or virtual)

Category: Private Practice

Description: I am a pediatric dietitian and lactation consultant so this is a terrific opportunity for professional growth in both areas. I have supervised many dietetic students and interns so I know how to give you a solid experience, while meeting the needs of my growing business. We need to update educational materials, maintain and enhance my new website and Facebook page and expand the business on a national level.

Paid: Unpaid

Contact: Melanie R. Silverman MS, RD, IBCLC

Melanie@feedingphilosophies.com or 949-271-9125

Veggie Queen

www.theveggiequeen.com

Location: Virtual

Category: Communications

Description: Opportunity to research, write blog posts, email newsletters, news releases and web copy on Wordpress. Must be social media savvy but if not, I can provide beginning training. Prefer someone with interest in culinary and/or vegetarian or vegan nutrition. Must be deadline oriented, be able to construct sentences well and have a sense of humor.

Paid: Unpaid

Contact: Jill Nussinow, MS, RD jill@theveggiequeen.com

Marlene Koch

www.marlenekoch.com

Location: Virtual

Category: Communications

Description: Love food? Work with Marlene Koch R.D. and build your portfolio with an RD that's jumped outside the box to become a bestselling cookbook author. Current projects include a national book launch (see Eat What You Love video under cookbooks at QVC.com), regular magazine features, website articles and features (destination diabetes and diabetes health.com), and development of concepts for new book. Looking for one, or more, highly motivated interns to assist with adding content to website (basic wordpress experience necessary), strategizing on and building social media, pitching book to blogs and websites, writing basic consumer friendly nutrition articles, testing/developing recipes and more. Prior writing experience and social marketing skills highly preferred. BONUS: My brand is FUN, market driven, and unique. I have worked in the field of nutrition for over 25 years and have worked in many areas. No matter what your future goals are, a solid foundation in communications, marketing and public relations is invaluable.

Paid: Unpaid/Paid (open to payment based on experience), opportunity to attend media events, letter of recommendation commensurate to work, 1 hour free coaching after 10 hours

Contact: Please send resume and cover letter with availability to marlene@marlenekoch.com



From the AAI Blog...

Featured Intern: Life as Dietetic Intern During Health Care Reform

By Nicole German, Blogger, All Access Internships

With the new healthcare reform bill being passed, preventative care will become even more vital for the future. If insurance companies must accept all people with pre-existing disease states, then a person's well being becomes even more crucial. In the future, I can see how wellness will likely become the nation's top priority in regards to healthcare. Everyone knows the saying, "you are what you eat", but this saying should turn into the dogma of the future. The nation will begin to focus on nutrition as prevention. And what professionals are the experts of nutrition? Dietitians or soon-to-be dietitians are in an excellent field.

Here is a little scenario for those of you who are still lost on this whole concept: many people are overweight and going to the doctor for their diabetes, hypertension, etc. Insurance companies don't want to go broke paying for the nation's health crisis every time someone goes to the doctor or hospital. Which group of professionals does not get reimbursed for seeing patients? That would be dietitians of course! So, insurance companies begin wellness incentives. The insurance companies would rather give some of their money to the dietitian in exchange for preventing their insured clients from going to the doctor's office and/or hospitals. Get the picture? Dietitians now equal high value to everyone in the nation.

These are my hopes that the demand for and salary of a dietitian will increase, and we will begin to see dietitians taking on new and varied roles across the nation. We are already seeing dietitians working for Walgreens and other similar drugstores performing health education and health screenings. Healthy food will be prepared at a variety of venues, maybe even ball parks one day. I can just imagine the jobs becoming available in the next few years. At least this is all what I hope for, but, hey, you never know!

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

Realize that you are the sum of the 5 people you spend the most time with

"If you are going to be successful, you have to start hanging out with the successful people. You need to ask them to share their success strategies with you. Then try them on and see if they fit for you. Experiment with doing what they do, reading what they read, thinking the way they think, and so on. If the new ways of thinking and behaving work, adopt them. If not, drop them, and keep looking and experimenting." -- P.194

Would you like to write for All Access Internships?

E-mail Jenny with your article idea!

jenny@allaccessinternships.com

Making the Ask

By Katie Hamm

It's all about experience. At least that's what they tell us. But how exactly are we supposed to go about finding these so-called "experiences"? Let me be the first to tell you that Google can only take you so far! As dietetics students, we all crave opportunities to prove ourselves in the professional world. However, you must be willing to take some risks. I want to let you in on my own personal secret called "making the ask". Here's how it works. If you haven't already spent some time on the Internet researching companies, hospitals, professional organizations, dietitians in private practice, etc., then it's time you got started. First, do the obvious. Check and see if they offer established internships or volunteer experiences. If they don't, make the ask! Practicing this concept has transformed my outlook on the traditional internship.

I became discouraged after tirelessly searching for an undergraduate internship in the nutrition field near my hometown with no real results. That's when I came across the biography of an established dietitian for two major sports teams in Kansas City, Mitzi Dulan. After reading about her accomplishments and experiences, I knew this was someone with whom I wanted to work. Figuring I had nothing to lose, I contacted her about creating my own internship under her guidance. Impressed by my initiative, she asked to see my resume and requested a face-to-face interview. Once we met, she determined that I would be a good fit, and we started planning right away. I knew that I still needed a part-time job if I was going to be taking part in an unpaid internship, and Mitzi graciously remained flexible throughout our summer together. We met in person for a few hours twice a week where we discussed upcoming projects. Mitzi's "hands-on" philosophy allowed me to dive right into the dietetics profession despite having only completed my sophomore year at Kansas State University.

While she allowed me to sit in on her counseling sessions with professional athletes, she was determined to make this experience my own. I developed weekly posters on topics of my choice to display in the training room, a dining out guide for the players, wrote articles for her website, and attended one of her live TV segments for a local station. This summer, Mitzi was in the process of writing a book. She gave me the opportunity to complete research, write excerpts, and preview chapters as needed. One of the most unique opportunities that arose out of working with Mitzi was being able to witness firsthand all that owning a business entails. This was definitely not a traditional internship! Mitzi and I developed a unique relationship as the summer progressed, and she constantly boosted my confidence in my abilities and encouraged my personal growth. At her suggestion, I read the book *The Success Principles* by Jack Canfield, which has opened up new doors for me.

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

Thinking back, I know that I would never have spent my summer under the guidance of such an inspirational individual if I had given in to the fear of rejection. Mitzi has even offered me ongoing, paid opportunities throughout the school year, simply because of the lasting partnership we created. I have gained all of this and more because I made the ask. I encourage you to do the same! If you ask and do not receive, you are still at the same place you were at before you asked. Nothing to lose, right? But if you ask and DO receive, just think of all the possibilities! They are endless so don't be afraid to think outside the box. Your experience will surely outshine those of your peers if you start today by making the ask!

Editors Note: The AAI GET EXPERIENCE page has tons of opportunities (including interning with Mitzi Dulan!) to help you gain experience in the field. (allaccessinternships.com/experiences.php)

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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