

What's New?!

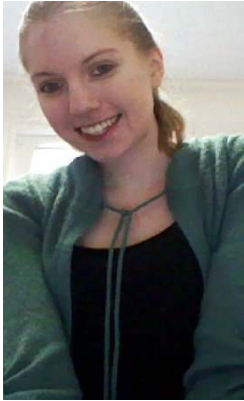
Dietetic Internships 101 Free Webinar - September 1, 2010 at 6pm CST; Jenny Westerkamp, RD talks about how to survive the dietetic internship application process! Topics include: getting started, researching programs, contacting directors, visiting the program, putting the application together, and the finishing touches. **Register now (link: <http://tinyurl.com/288r2cn>).**

Are you ready for DICAS? Starting with the September 2010 application round, online Dietetic Internship Centralized Application Services (DICAS) will be implemented for the majority of DI programs. Read The Dish on DICAS (link: <http://www.allaccessinternships.com/articles/DishonDICAS.pdf>) found on the ARTICLES page under The Application Process category.

Intern Reviews - Now it is easier than ever to submit a review on your internship experience. Login and head over to your internship's profile to fill out this short review! One lucky internship graduate will receive a \$5 Starbucks gift card for submitting a review in the month of August!

Soup Kitchen Adventure

By Kate Kaczor



My name is Kate Kaczor and I am going into my sophomore year at Winthrop University where I am majoring in human nutrition, but I am originally from New Jersey. Throughout my life, I have witnessed the immense power food has and have made it my mission to make people more aware of this power in order to be more in control of their food and their lives.

Dorothy Day Soup Kitchen
902 Crawford Rd
Rock Hill, SC 29730
803-366-4142

Six days a week, every week, the Dorothy Day Soup Kitchen opens its welcoming doors to feed hundreds of hungry people from Rock Hill, South Carolina. Rock Hill, located only twenty minutes away from Charlotte, is similar to most small towns in America. Things are typically clean and wholesome, well at least for a town that is home to a university and no one really thinks about the population of people living in poverty; those who do not know where the next meal will come from. Maybe on Thanksgiving or Christmas, we'll donate a can of green beans or make a small monetary contribution, but for the rest of the year we keep to ourselves, apathetic to the situation surrounding us. However, the many families and individuals who are in-need do not magically have improved situations when the holidays end. They are in-need 365 days a year. Dorothy Day Soup Kitchen recognizes this. For twenty-five years, Dorothy Day has been serving up breakfast and lunch to the Rock Hill community. The meals people receive here may be all they get for the day which is hardly sufficient for the laborious jobs that many of them have.

In order to get a fuller appreciation of the soup kitchen, my food composition class at Winthrop University volunteered to serve lunch at Dorothy Day one day in April. We arrived at the kitchen around 10 AM and began preparing lunch. All the food served at Dorothy Day is donated, mostly by grocery stores and churches. The day we visited, the kitchen was fortunate enough to have deli meats and cheese to make sandwiches with. Often, they can only offer peanut butter and jelly sandwiches, or in severe cases, butter sandwiches as meat is significantly more expensive. In addition to the sandwiches, spaghetti, green beans, fruit cocktail, and a medley of desserts were served. To my surprise, no soup was offered, but I was told that it is served on most days.

From a nutritional and health standpoint, I must say I am concerned for the diners who eat at Dorothy Day and other soup kitchen. While expiration dates are looked at and the food is examined for mold and other deteriorations, much of the food served is well past its expiration date. Some of the pies we served, for example, were weeks past the serve by date. It makes me wonder if anyone has gotten ill from consuming food here. I certainly wouldn't feel safe eating it. Furthermore, the nutritional quality of the food that individuals receive is not very high. The food is often high in fat and sugar while low in fiber and other essential vitamins and minerals. The diners also seemed to show a preference for the foods served that were the least healthy. The typical diner asked for several helpings of dessert and white rolls, while tending to avoid the vegetables and fruit all together. The diners also tended to come through the line to get additional helpings several times. While I understand that this may have been their only meal, it does not seem healthy to eat upwards of four plates of food in a single sitting. It has got to be disastrous on the digestive system. However, the diners were only permitted to eat at the kitchen; they were not allowed to take food out to eat later. This seemed very silly to me, especially considering there was a great deal of food left over (most of which was merely tossed in the trash) and the volunteering servers were given a chance to take their fill of the food.

Therefore, it seems to me that soup kitchens throughout the nation need to undergo reform. The nutritional quality of the foods and the manner in which it is divided does not seem sufficient. As dietetic students, we hold a duty to aid in these transformations. We may begin by volunteering, such as my class did, to gain new perspective on the issue and more importantly, to help those in-need. Even though the current system isn't perfect, people can't wait for corrections to be made before they eat. Help is needed now. So don't just think about the hungry during the holidays or when you are required to do volunteer work; make your contribution today. I believe these contributions will eventually lead to an improved system of feeding the hungry, one that will help them become more independent as well as healthy.



(Dorothy Day Soup Kitchen)

Six Sophisticated Tips to Upgrade your Image in Person, on the Phone, and on Paper: How to be more professional when applying for dietetic internships and going on job interviews

By Christine Scarcello



You've studied hard all through college, got excellent grades and academic achievements, participated in the nutrition club and other extracurricular activities, and often volunteer within your community. And now it's time to apply for your dietetic internship. After all the hard work you've done, do you really want a silly thing like your email address to stand in the way between you and the internship of your dreams?

While much goes into the internship selection process, I couldn't help but adapt a few tips I learned from a Registered Dietitian regarding what she deems "inappropriate" when interviewing and hiring clinical dietitians at her hospital. Some of these tips will amaze you, and you'll wonder, "why would anyone do that?!"... but you may be guilty of a few of these other faux pas... Let's start with your email address...

1. Get Rid of Cutesy Email Addresses

When you're applying for a dietetic internship, your email address will be visible on your application and your resume. Do you want the internship director to look at it and wonder, "who is 'Hot_Mama@yahoo.com*'"? Instead of having a cutesy and juvenile address, create a new email account – even if it's just for professional purposes – that includes only your first and last name. You can still use your flirty email with your friends, just not future employers or internship directors.

2. Personalize your Voicemail Message

One of my biggest pet peeves is being sent to a voicemail that does not indicate anything other than the phone number I just dialed... or might have just dialed, if I dialed it correctly. When making a call to someone I don't know, I like having the assurance that I've called the right person by reaching a voicemail that includes a first and last name or a personal message. I think that this is common courtesy these days, and that it helps everyone calling you to know that they have indeed reached *your* voicemail, and not someone else's. Furthermore, I feel that it is more professional to welcome callers with a personalized message rather than just your name. A typical message should be concise and polite. For example: "This is (your first name, last name here). I am unavailable at the moment, but please leave your name and a brief message and I will return your call as soon as I can. Thank you." See how easy that is? And it's so much more professional than a digital recorded voice reading off your phone number.

3. Change or Remove any Ringback Tones

The dietitian who gave me these tips mentioned one potential candidate whom she was calling to set up a job interview with who had an inappropriate ringback tone on her cell phone. After hearing the song, she hung up and moved on to calling other candidates for interviews. For those of you who don't know what this is, then don't worry – you won't be violating this rule. But basically, a "ringback" tone is a song that is purchased or downloaded to your phone and replaces the boring ring that a caller hears when they are calling you and waiting for you to pick up. I always thought that ringback tones were hilarious, especially the introduction: "Please enjoy the music while your party is being reached." So dramatic. Either chose your ringback song carefully (i.e., no bad words or inappropriate themes) or nix the idea all together... the last thing an internship director or potential employer wants to hear when they're calling you for an interview is an inappropriate song on the other end of the phone.

4. Be Honest in Your Application

This is a no-brainer, but you would be surprised to learn that some people do lie – or "stretch the truth" – on their resumes and applications. You need to be completely honest when filing out your application for a

dietetic internship; not only is it wrong and unprofessional to misrepresent yourself, but you will most likely get caught in the process. The nutrition world is very small – the community of dietitians is very close-knit and everyone tends to know each other quite well. Furthermore, internship directors check references that you give, so it doesn't help to lie about how many volunteer hours you worked. The dietitian I spoke with used an example of a “volunteer” who rarely showed up when he said he was going to, but put down on his application that he logged over 500 hours of volunteer work. Little did he know, the internship director of the internship he applied for did *her* dietetic internship with his volunteer coordinator, and after speaking on the phone with her regarding how many hours he *really* did, he lost his chance of being matched to that program. In this situation, the applicant was applying for an internship on the other side of the country, and figured that the director of the program would have no way of know what he did back home. The moral of this story is to be completely honest in everything you put on your application – you are risking your chances of being matched if you're caught misrepresenting yourself and your experiences.

5. Keep Your Resume Professional and Simple

Remember that scene in *Legally Blonde* when Elle makes up her resume – on pink parchment paper – and then spritzes it with perfume? While that scene is really cute, and while that pink resume really made her stand out among the other applicants at Harvard Law School, it is not professional in real life. Resist the urge to stand out via your resume and instead do it in your personal statement with great stories and examples of your achievements. Emphasize your strengths by providing examples from work or school experiences. These will go much further in making you stand out than pretty paper or bright graphics on your resume.

6. Dress Professionally for Interviews

One of the most important things you can do during the interview is to dress professionally. It will make you feel confident and also provide a good first impression to your interviewers. Remember, the individuals on the other end of the table have never met you, and they are looking to put a face with the great achievements you have presented to them on your application. You want to look as collected and polished as your application. Just as you checked, double-checked, and triple-checked everything about your application before you sent it in, make sure you look your best before the interview. Select an appropriate business casual outfit or a simple black suit. While the suit is not essential, you can't go wrong with one; it is well accepted as interview attire. If you don't have a suit, make sure you select a well put-together business casual outfit. Avoid, however, bright-colored suits and extremely trendy pieces. Stick to what's professional and business-oriented. Make sure your jewelry and make-up are also appropriate for an interview. While I do not want to discourage anyone from expressing his or her individuality, it is best to be less flashy and more professional. Keep any makeup you wear to a “natural” look and select pieces of jewelry that compliment your outfit but that don't stand out or look gaudy.

With these tips you'll be sure to impress internship directors in person, via email, or on the phone. Just remember to be yourself while maintaining a high regard for professionalism. Once you're matched to a program or selected for your dream job you can change your email address back to Hot Mama. But for now, stick with something simple and sophisticated.

*Hot Mama was, unfortunately, an actual (similar) email address that appeared on the resume of an individual applying for a clinical dietetic position. The RD looking through resumes and applications threw hers away without looking any further at it.

How I made Dietetics my Destiny

By Tejaswini Mirji



Originally from India, I came to the US after my marriage. Within one year, when I decided to begin studying, I opted for a major in business finance. Dietetics was never my first-choice chosen major. Here in the US, the education system calls for basic courses that needs to be taken by every undergraduate. It is now over four years that I am returning to full-time studies, so to get a feel and understanding of the US education system I started with one course. As I delved into my course material I was keener to know more. I wanted to know the importance of foods and how they shape our lives. I wanted to know what happens if we go against nature and only eat man-made processed foods. What do words/names/verbs found on food products ingredients list such as ‘high-fructose corn syrup’, ‘modified corn starch’, ‘dextrose’, and ‘soy lecithin’ mean? How can I help the underweight, overweight and obese people I see everywhere to understand the health risks and consequences associated with their body shapes and eating habits.

I went and met with a professor in the dietetics department and after one hour of discussion with her, I KNEW I want to do this. I want to do this primarily to help people make a change and to show them the harsh truth and consequences of consuming the wrong foods. Personally and professionally, I would want to give my two cents to people in order to help them improve their health. I would like to help the upcoming generation to prevent unhealthy eating and increase their know-how of the nutritional content of the foods they consume daily. I aim to bring about a change in the way fast-food chains and restaurants obtain and make their food. I want the next generation to refrain from diabetes, high-blood pressure, and cardio-vascular problems that unfortunately many of our parents are suffering from.

And so, it all happened; I spoke to my husband of how I felt and I finally decided I wanted to study Dietetics. Well, what next? I spoke to my admissions director and explained my interest to her. After a few formalities... Voila, I transformed into DIETETICS! Now as a Dietetics major, I had to re-register for my dietetics courses that were already claimed by other students, who were not as confused as I was! So, I headed back to the dietetic department and made my final choices.

Now I am looking forward to the beginning of the semester and in the meantime I have sent my application to the student membership *guru* of all dietetic association's: The American Dietetic Association. As my application is still under process, I look at other websites and search for a mentor among dietitians in my area. I also found out that to be able to earn a spot in a reputed internship program, a student needs not only good grades but also an overall participation and work experience through various student clubs, volunteer activities and as much practical exposure as one can get from available resources.

If you identify with me, then work yourself by completing a pending to-do list which includes: **1)** finding a mentor for guidance, support and inspiration, **2)** look for scholarships and work on their application to find help to support tuition, **3)** look for internship opportunities to work in the summer. I realize that I want to do as much as I can before my semester begins, because after that I need to **4)** fully focus on academics; Remember: GPA does count! The more I work today, the merrier my life will be to find the ADA dietetic internship of MY CHOICE!

*This article is authored by Tejaswini Mirji, dietetics student at Bradley University Peoria IL.
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From the Blog

Featured RD: Who Do You Want to Be?

For my final blog piece, I thought I would leave you with some thoughts to ponder. Thoughts like, “what is the meaning of success” and, “what do you want to be?” Now, if you are just looking at the surface of these questions, you might say, “I want to be a dietitian” or you might say, “If I were rich and famous, that would be success”. Today I want you to look at the above questions on a deeper level. Let’s take a look at the levels in the following example:

What do you want to be?

1. A dietitian or nutritionist
2. A dietitian working as an entrepreneur
3. A RD working in my own private practice
4. A Nutrition Therapist working in private practice with a focus on eating intuitively
5. A Nutrition Therapist who loves what she is doing, can’t wait to get to the office each day.
6. A therapist who doesn’t see work as work, but sees work as fun.
7. A therapist who loves her work because she enjoys problem solving and talking to people. Each client has a unique problem or puzzle that needs to be solved.
8. The go-to person if you want a professional who listens and offers non-judgemental help to allow you to see and solve your health concerns in a whole new way.

You get the idea. Obviously, your levels will be different than mine, I mean the above example. The original question, as the levels get deeper moves from what do you want to be to *who* do you want to be. See the difference? A really powerful exercise could be making a list of your top 3-5 “what do I want to be?” answers and taking them to the deepest level you can. Maybe you want to be a dietitian, a husband, an author and a volunteer. By taking these titles and stretching them you will have a compass to check in with. This is great for starting to stretch your brain beyond its comfort zone, and creating dreams. Writing your dreams down significantly helps you to achieve them, i.e. become a success.

What is the meaning of success?

Again, at first glance, you might think, “well, if I had a lot of money, that would mean I was successful” or maybe, “if I get into that much coveted internship, I would be a success”. Today, I am asking you to flip that question around and think about it in reverse. Deepak Chopra would ask, “What would you do if you had all the time and the money in the world?” Whatever that answer is, that is what you should do - because that would mean success for you. For me, if I had all the time and money in the world I would read books and talk to people- Oh, and my hubby (soul mate, father of my children and love of my life since the 10th grade) would be there with me too. So, for me, even though sometimes I get frustrated or upset that my practice isn’t as thriving as I would like, I am still a success. I spend my days reading books about nutrition, wellness and alternative medicine and then I use this information to help my clients. I absolutely love seeing the light bulb go off in their head when I present information in just the right way to get through to them. People often say, “When I _____ then I will _____” When I finish school, then I’ll be happy” But the fact is, you will still be you. To have lasting happiness or success, you have to get to the root of what that happiness or success means to you. But, you also must enjoy the journey, because the journey is what life is about. I wish all of you the best in accomplishing your dreams and hope that you take pleasure in the journey as well.

- Heather Rudalavage RD, LDN



Dish on DICAS

By Jenny Westerkamp, RD

Creator, All Access Internships

Starting with the September 2010 application round, online Dietetic Internship Centralized Application Services (DICAS) (<http://portal.dicas.org>) will be implemented for the majority of DI programs. This is very exciting for applicants because now most application materials can conveniently be uploaded online and submitted, taking away the stress of running to the post office right before it closes! Keep in mind the following:

- It is still your responsibility to figure out if the program is or is not participating in DICAS and what supplemental information the program requests.
- There will be a \$40 fee for the first application and \$20 for each additional application
- This application will be similar to the standard ADA application, and will also calculate your DPD GPA and Science GPA when you enter in grades.
- Transcripts will be sent to the DICAS company, Liaison, to be scanned into your online application. You will still have to mail the hard copy to the internship you are matched to.
- You can request your Declaration of Intent or Verification Statement via DICAS to your DPD director and then add your electronic signature so that it can be included in your application. A hard copy still needs to be sent after matched to a program.
- Not all programs have to participate in DICAS.
- DICAS and Computer Matching are two separate processes. You still need to register with D&D Digital if the program you are applying to participates in computer matching.

DICAS References

Three references will be submitted online by the reference. Two references will be from faculty members and one from an employer. Of course, the DI program may request something different, so always check with the program's website and director if you are confused.

Once you confirm your references, an email is sent to them and you will be notified when the recommendation is complete. Once you receive recommendations, your application is complete and you can submit your applications through DICAS to your desired internship programs! Of note, if your reference is late, you can still submit your completed application before the deadline, and submit the late recommendation after. Phew!

DICAS Personal Statement

On the DICAS application, the personal statement should address the following four questions:

1. Why do you want to enter the dietetics profession?
2. Discuss experiences that have helped prepare you for your career.
3. What are your short-term and long-term goals?
4. What are your strengths or weaknesses or areas needing improvement?

There will be a 1000 word limit to this letter as well. This is approximately 1.5-2 pages, single-spaced, 12 pt Times New Roman font. Consider *Application Letter Brainstorm* coaching from All Access Internships for answering these tough questions and creating a strong letter!

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

Just ask! You only have something to gain

"To get over rejection, you have to realize that rejection is really a myth. It doesn't really exist. It is simply a concept that you hold in your head. Think about it. If you ask Patty to have dinner with you and she says no, you didn't have anyone to eat dinner with before you asked her, and you don't have anyone to eat dinner with after you asked her." -- P.146

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:



AAI Volunteering

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