

## ***What's New?!***

### **New Internship Reviews--easy for interns!**

Just completed your internship? Now it is easier than ever to submit your review of your experience and share this with future interns! Sign into AAI, and head over to your internship's profile and click 'Submit an Internship Review'. Answer 8-10 questions depending on your type of program, and it goes right on the website for applicants to read! Please pass along this information to any recent graduates as well!

### **FREE Webinar in August**

Be on the lookout for a free webinar to kick off the Fall match application round! We'll discuss the Dos and Don'ts of the Application Process and also how you can prepare for the new online application format, DICAS!

### **Welcome Blog Manager!**

Welcome to our new blog manager, Michelle Voss! Michelle is a dietetics graduate from [Central Michigan University](#) and is in the process of applying to internships! Check out her introduction below or on the AAI [blog--allaccessinternships.blogspot.com](http://blog--allaccessinternships.blogspot.com)

## Meet the new AAI Blog Manager: Michelle Voss

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My name is Michelle Voss and I have recently acquired the position of AAI blog manager. I would like to take a moment to share with you a little about myself, my plans and goals for the blog, and what I need from you!

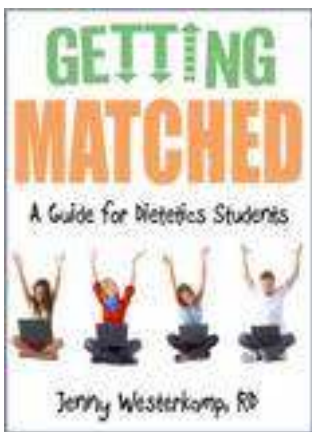
### A Little About Me:

In 2004 I began my undergraduate experience studying Business Administration at my local community college. During this time, I starting learning how to cook and eat healthfully, which quickly developed into a passion for nutrition and living an overall healthy lifestyle. In 2007 I transferred into a dietetics program and never looked back! As of this May 2010, I am officially a graduate from Central Michigan University with a BS in Dietetics and couldn't be happier!

This fall I will be making the move from Mid-Michigan to Eastern Virginia, and I can't wait! I am applying to Dietetic Internships in the area for the fall match. Some of my hobbies include running and training for half-marathons, pilates, container gardening, cooking and looking for new recipes. I look forward to working with AAI and getting to know all of you through this blog!

## ***Getting Matched: A Guide for Dietetics Students***

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Jenny Westerkamp's *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-in-waiting. It is clear that there are simply 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. *Someone* has to get that internship spot, right? This e-book makes that spot more in your reach. Visit [allaccessinternships.com](http://allaccessinternships.com) to download your copy today!

## A “HUGE” Change in the Overweight Attitude

By: Ashley Brigham

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The new TV show “HUGE” on ABC family has just begun after much hype and controversy about the intentions of the show, and the affect it will have on its audience. The show is based on a novel with the same name: Huge tells the story of seven teenagers who attend weight loss camp in hopes of becoming healthier. The main character does not want to be there initially. She attends the camp at her mother’s will, but against her own. While there, she sneaks food, and rebels against the weight loss camp’s goals and missions.



The star of the show, Nikki Blonsky, who was also the star of the musical “Hairspray”, hopes that the show will help overweight and obese teenagers around the country become more comfortable with themselves, and help them discover their true self while living life to the fullest. As long as people aren’t becoming too comfortable with their sedentary lifestyles, this show may just be a breakthrough in the American mindset on obesity. For many years, obesity has been a dark and scary word, only to be used in a negative light. ABC family may have turned this around, and made it possible for overweight and obese Americans to be comfortable with themselves and actually be HAPPY! Self esteem has been a huge issue for many individual who suffers from weight problems. As many of you may know, obesity is often caused by genetic predisposition, or DNA, so many of these individuals cannot control their weight as much as they would like even with diet and exercise. For these poor individuals, the future is destined to be an unhappy and unfulfilling one due to the label our country puts on them. Studies have shown that regardless of your weight and size, exercise and a healthy diet can put you at less risk for long term health risks such as heart disease, stroke and type II diabetes.

It is unfair for those people who have genetically predisposed obesity to be thought of as lazy or “not good enough” for our society. Sensitivity towards this topic is needed, and it is up to the healthcare team (dietitians!) to provide this sensitivity along with guidance. “Huge” may also be the sensitivity that overweight or obese people need in order to live a comfortable and fulfilling lifestyle.

It is about time that someone approaches the topic of being overweight in a lighter manner. The fact of the matter is that for some people it is not a practical goal to have a BMI under 25 or in the “healthy range” while still getting all of their essential nutrients through their diet. Everybody’s bodies are different, and what we need to do, as a country, is to learn how to accept it, and do the things in our power to try to help the situation, and not necessarily cure it. Huge inspires those who are overweight or obese that a normal life is possible with a little attitude change and a few lifestyle changes. Regardless of what anyone thinks, people listen to what happens in Hollywood, so if Hollywood is saying that people can be healthy and be overweight, then that is what will be believed, and “Huge” does just that. We all know that a balanced diet and exercise are two important aspects of being healthy, but sensitivity and support of others is just as important, if not even more.

# From the Blog

## Featured Intern: Job Searching as a Dietetic Intern

By: Kate Donelan

Searching for a job when you are about to get your RD is somewhat depressing. I try to stay excited and focused on the task at hand, but when I see that only one or two new jobs become available per week (and I live in Atlanta!) I become saddened. As dietetic students we all dream and hope for our dream job, but it may not be out there right away. I am realizing that I may have to settle for a job that I don't think is fantastic (although I am still very resistant about this idea). I have this set standard that I will not settle for a job that I can not imagine myself wanting to wake up for everyday. I may have to break this standard. The other option is to get a job close to the dream job, and you won't have the dietitian or nutritionist title, but you will be working in a similar field until the job becomes available. Some employers will not hire you until you get your RD/LD. Others employers will accept you as a PLD (provisional licensed dietitian) until you can get your RD.

Nevertheless this will be my last blog post for AAI. I found it tough to keep up my posts near the end when I have become busier, but I enjoyed reading posts as this blog has continued to grow. I can't wait to see what will come next. And for future RD job seekers, good luck in your job searches as well. To the students, good luck getting internships. I know how much it means. I hope to be able to help out once I have been practicing two years! And to the RD's, I hope you continue to read this blog and support other students and interns. We were all/will be dietetic interns once.

# Get Experience

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## SkellyPublishing.Com

**Location:** virtual

**Company:** Skelly Publishing, continuing education and practice resources for RDs.  
[www.skellypublishing.com](http://www.skellypublishing.com)

**Contact:** Sheila Kelly, MS, RD, President, Skelly Publishing [Sheila@skellypublishing.com](mailto:Sheila@skellypublishing.com)

**Opportunity:** looking for an intern w/ good writing skills to help develop a CPE program for RDs. Great opportunity to gain experience in the world of nutrition communications, plus you will be given writing credit/acknowledgement in the final product! You will also be responsible for getting feedback from RDs to help shape the book's content, so it's a great networking opportunity as well. The book's topic is one that will be of benefit to any intern, as well. Timing is fall of 2010—August/Sept timeframe preferred. We have worked with interns in the past and will provide whatever paperwork is necessary to get credit for your internship.

**Paid:** unpaid internship

## Edible Nutrition & FuelinRoadie.com

**Location:** San Diego (preferred for full experience) or Virtual for blogging/web experience

**Category:** Private Practice

**Description:** Do you blog? Do you love to write quick tips or helpful hints for people? If you enjoy the food world and healthy dining or cooking tips consider interning with EdibleNutrition. If music and bands interest you consider Fuelin Roadie. You must be self-motivated, committed, and enthusiastic! On a side note, before you contact me be sure you have looked through both of my websites and know which one you'd like to work with and why. When you email me, include your contact information and when is the best time to reach you--the phone is always easiest. I use Skype to communicate with interns; thus, you must download Skype to work with me unless in person (it's free).

**Paid:** \$10 per hour following a 20 hour trial to be paid as a 1099 contract, must submit a W-2 and valid identification.

**Contact:** Wendy Jo Peterson @ [WJpetersonRD@aol.com](mailto:WJpetersonRD@aol.com)

## July's Resolution for RD's-to-Be

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### Visualize your own success as if it has already happened

"You can begin right now to act as if you have achieved any goal you desire, and that outer experience of acting as if it will create the inner experience -- the millionaire mindset, as it were -- that will take you to the actual manifestation of that experience." -- P.92

### **AAI Volunteer**

**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](mailto: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

**Would you like to write for All Access Internships?  
E-mail Jenny with your article idea!  
([jenny@allaccessinternships.com](mailto:jenny@allaccessinternships.com))**

**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:**

