

## ***In The Spotlight...***

**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 on the homepage before 4pm CST on September 1st!

**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!

# Going the Distance: Learning Your Way!

By: Katie Budd

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Choosing a favorite among the dietetic internship programs is tough and getting accepted to one is even harder. But what about finding an internship in a town that you like? What if you do not want to move, but there is no internship program nearby? A long distance internship may be right up your alley.

Long distance internships provide an immense amount of flexibility. They allow the intern to practice when and where they want. Many programs have part-time and full-time options. Long distance interns attend class via video-streamed lectures online. E-mail is the main form of communication and having a working computer is an absolute must.

The application process is similar, but with a few extra pages of paperwork. Prior to submitting an application, the intern must identify "preceptors." Preceptors supervise interns and provide the resources and environment in which the intern will complete his or her experience. When seeking potential preceptors, be sure to pay close attention to each program's specific requirements. Some require at least one facility to be Joint Commission accredited while others have specific sites where interns are not allowed to practice. Most programs require the intern to have more than one preceptor.

After identifying potential preceptors a proposal should be written and the preceptor should be approached. It is important to treat this just like a job interview! The preceptor may want to see your resume, ask many questions and request more information about the legal obligations of agreeing to be a preceptor. Feel free to attach resumes, any paperwork and a link to the potential programs website when approaching your preceptor. The more information, the better!

If you are accepted into an internship, the preceptor will be contacted by the program directors to work out the legal and technical things—training, paper work, contracts, etc. Be prepared, however, to work with your preceptor if there are any disagreements or questions about the contract.

When all is said and done, you may be required to travel your internship's campus for several days of orientation before returning to your town of choice to complete your internship.

How do you know if a distance internship is for you? The following list should sum up the majority of your strengths:

1. Independent worker
2. A commitment that renders you unable to leave your current location, or you just don't want to!
3. Strong leadership skills
4. Abundance of work or volunteer experience related to dietetics or patient care
5. Excellent communication skills
6. Excellent computer skills

Below is a list of schools that offer long distance internship opportunities. Happy researching!

University of Delaware, Oakwood College, University of Northern Colorado, Iowa State University, Simmons College, Sodexo Qaltham, Andrews University, Hunter College, State University of New York College at Oneonta, Bowling Green State University, Marywood University, Texas WIC, Utah Sate University

# Escaping the Golden Arches

By: Kate Kaczor

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Winthrop University, where I am studying human nutrition, has the *luxury* of being conveniently located across the street from a McDonalds. In college land, McDonalds has the perfect market. Its cheap food and handy location keep the eatery packed throughout the day. I can personally attest to regularly popping by to get a McDouble or a chocolate shake, and I know many of my peers do the same. I often wonder why I keep going back. I am well aware that most of what I consume at McDonalds is not good for my health and as a future nutritionist I desire to set an example for my fellow classmates.

Yet, something about those Golden Arches keeps calling my name. It could be the smell. That aroma of fries and burgers are often overpowering. And if you are anything like me and many people I've talked to, you know that smell can completely alter any sort of healthy eating agenda. There are many times when I have walked into a McDonalds or other restaurant, for example, and planned to dine on a healthy salad or sandwich only to have my decision swayed by the sinful smell of an overly-indulgent food. It is likely that these smells make us more vulnerable to making unhealthy decisions; decisions we would otherwise not make if we were not disempowered by the odors.

Additionally, the majority of the more nutritious options are considerably more expensive in comparison to the greasy fries and burgers found on the value menu. With the current economy and the average college student in an endless attempt to manage an ever-tightening budget, paying close to \$5 for a salad when considerably more food could be purchased for less, (i.e. a McChicken, large fries, and a soft drink) is not something most are willing and able to do.

Even if one had the funds and desire to purchase a healthy option from a fast food restaurant, his or her efforts could be destroyed by misleading advertising. Some of the seemingly nutritious items such as the Classic Grilled Chicken sandwich and the Chicken Selects pieces pack far more calories than should be allotted for a single meal despite their healthy-sounding names. Even opting for a salad could result in an unpleasant calorie shock if common dressings such as Ranch are piled on. In terms of both fat and calories, it is often better to go for the less healthy sounding options such as a simple hamburger rather than these atypical fast food choices.

Despite this knowledge, I don't feel that we should blame McDonalds or similar restaurants for the growing nutritional crisis in the United States and worldwide. Many have taken important steps such as adding online nutrition calculators and expanding their markets to include a wider variety of nutritional needs. Rather, it is a growing mentality that we need everything fast and for cheap that may be causing the true problem. We often neglect looking further down the road when faced with a bite of immediate gratification. As dietetic students and professionals, it is important that we spread the word about long-term health consequences of a poor diet. And as it is evident that the fast food industry is here to stay, it is crucial that we push for more nutritious options and the use of widely displayed nutritional information. We should also advise preventative strategies such as taking alternative routes in order to avoid tempting foods and seeking support from "health buddies" that can hold us accountable for food and lifestyle decisions.

## Finding a Mentor – By Michelle Taub

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As I put the final touches on my internship application I realize what has impacted me most during my undergraduate experience as a dietetic student are the mentors I've had. My second year as an undergraduate student I remember doing research on the internship process and rushing to begin finding hands on volunteer experience. I started volunteering weekly at the local Children's Hospital with an RD. When I saw her on a weekly basis it gave me an opportunity to begin asking questions about the internship process, what the RD exam was like, what were good organizations to join and other dietetics related questions. She was busy but always willing to answer any questions I had. As time progressed she felt comfortable sending me to other RDs in different clinics in the hospital to gain more experience. After a year of volunteering she wrote me letter of recommendation to get my first job related to dietetics. Once I began working I was not able to volunteer as much but I still made the effort to at least go back once a month to help out and stay in touch with her. At my job now I have built even more connections with RDs who have gone above and beyond to give me new learning experiences and help me find areas of dietetics that interest me.

I still have the internship process ahead of me but the mentors I have met along the way have been the biggest help on my path of becoming an RD. I know that the application process and time leading up to your internship can be confusing and anxiety inducing but consider finding an RD that you feel comfortable with to go to for questions. It could be a professor at school, an advisor, a dietitian in your local community, or even try networking with an RD online through the ADA's student resources mentoring program. They at one point have gone through the same process and chances are they would be more than happy to help you.

## School-to-Farm Program: A Green Experience By: Amanda Saucedo

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If you like to be green and want to do more than print out your papers double sided a new program, School-to-Farm, has been designed for dietetic students interested in sustainability. The Hunger and Environmental Nutrition (HEN) DPG have developed this program to connect students who are interested in developing secure and sustainable food systems with host farms sharing that vision.

This is a unique opportunity for anyone who wishes to learn more and be a part of activities involving "farm to fork." The volunteers will actually stay at a host farm and be exposed to sustainable food and agricultural food systems. In addition there are hands-on types of activities that students can participate in such as bee keeping, wine making, and implementing educational experiences. Each farm has their own experiences and learning opportunities so it's important to search for a farm that matches your interests. The experience can be set up to where you only spend the day there or an entire season.

Interested? Check out this info sheet (<http://tiny.cc/5g6qge>) explaining in more detail the steps you need to take to participate. To learn more about HEN DPG visit their website, <http://www.hendpg.com/>.

# Yoga Dietitian?!

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With the growing interest in yoga, yoga certified teachers are in demand. Yoga teaching presents an opportunity for registered dietitians to diversify and broaden their scope of practice.

Beverly Price of Jump Start® Consulting, LLC has developed the Reconnect with Food® yoga therapy and teacher training program for eating disorder recovery. It is a three part training that includes a retreat in Cancun, February 20 -26, 2011. Registered dietitians with an interest in eating disorders, mindful eating and/or weight management have found this program beneficial to enhance the care of their patients.

For more information, log onto [www.reconnectwithfood.com](http://www.reconnectwithfood.com)

**Beverly Price, RD, MA, E-RYT, Principal Jump Start Consulting, LLC** Your leader in CPE Products and Workshops for Growing Your Private Practice Seminars in 2010 and 2011: November 5th - Advanced Practice Management Workshop - Boston, MA  
November 7th - Visit us at Booth #16, Product Market Place

February 20 - 26th - Yoga Teacher Training and Yoga Therapy Certification in Eating Disorders-Cancun, Mexico

March 25th - Private Practice, Getting that Jump Start - New York, NY

Huntington Woods, MI 48070 Phone-(248) 336-2868, fax (248) 336-2879

Log onto [www.gettingthatjumpstart.com](http://www.gettingthatjumpstart.com) to receive your free copy of the Jump Start newsletter--marketing and management tips for your practice.

Join Registered Dietitian Business Owners Networking Group on [www.linkedin.com](http://www.linkedin.com)

Check out our patient website [www.reconnectwithfood.com](http://www.reconnectwithfood.com)

## From the Blog

# Featured Intern: Last Week of Summer

By: Amanda Saucedo

This is the last week of vacation for me, starting August 30th I will officially start my internship! I'm still studying away on my medical terminology and making sure I have the Diabetic Exchange List memorized. This final week I will be reviewing my medical nutrition therapy notes just as an extra for me. I don't want someone to ask me a really basic question and I draw a blank because I forgot it over the summer.

Another activity I've been doing over the summer is reading. One of the books I have been reading is *Nice Girls Don't Get the Corner Office*. The gist of the book is that women need to stop acting like girls in order to get ahead in their career. After taking a quick self-assessment the scores indicate which areas are your strongest and weakest. This was the most eye opening part of the book and I was a bit surprised at the results.

For instance, I know how to play the game of business but I don't know how to appropriately respond to it. I just assumed since I knew how to play the game that I would be able to recognize the signs and respond accordingly. But as I started to read the common mistakes women make in this area I just kept thinking, "Wow, this is everything I do!" I think the biggest mistake I make is "Mistake 91: Exhibiting Too Much Patience." Often I'll wait a long time for something I deserve to happen even when I feel I'm waiting longer than I should be. I've been working on this problem along with some others with the help of the coaching tips given at the end of each section. Everyone should take a look at this book because it really helps identify and work on problems that could be holding you back from reaching your full potential.

Another book I would recommend is *Crush It!* by Gary Vaynerchuck. It's a great book about personal branding and entrepreneurship. The next one I want to start is *Ambition is Not a Dirty Word*. Are there any good books that you've read over the summer?

## **September's Resolution for RD's-to-Be**

### **Find your passion**

"The biggest mistake people make in life is not trying to make a living at doing what they enjoy most." --P.279

(Malcolm Forbes)

**Would you like to write for All Access Internships?**

**E-mail Jenny with your article idea!**

**[jenny@allaccessinternships.com](mailto:jenny@allaccessinternships.com)**

### ***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

**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:**

