



A Message from Katie...

If you went to FNCE, you probably made a lot of great contacts. You shook a lot of hands, made small talk, and walked away with a stack of business cards (not to mention a suitcase full of free samples). But what do you do now? How do you maintain these relationships? My first tip would be to identify a "top" list - those contacts with whom you really want to keep in touch. Shoot them a follow-up e-mail about how you enjoyed the conversation with them and mention specifics that you talked about.

Remember, they met a lot of people too so you need to refresh them on who you are! Then don't just file them away, never to be contacted again. Depending on the type of contact, send them periodic updates on what you are doing or to inquire what is new with their company, etc. Just don't forget the golden rule: never approach people you meet with "what's in it for me syndrome"!

BIG NEWS!!

We launched the Premium Membership and One-on-One Coaching!!

The new Premium Membership will provide exclusive benefits to our special student users. You will receive:

- Access to monthly webinars on our most popular topics
- Exclusive participation in student-driven Q&A sessions led by Katie and Jenny
- 15% discount on our personalized coaching services
- An exclusive 20% discount on RD in a Flash when it's time to study for the RD exam!

One-on-One Coaching will allow you to receive personalized feedback from Katie and Jenny, the creators of All Access Internships. Gain a competitive edge by utilizing our services to cover topics including, but not limited to:

- Mock interviews
- Tips on creating cover letters and proposing your own position within a company
- Prepping for the internship visit
- Customized suggestions for internships utilizing *Perfect Fit* technology
- Prioritizing and ranking your internship choices
- Setting yourself up for success
- Resume critiques
- Building an online presence
- Writing a stand-out letter of application



The Community College Experience – Make the Most of It! By Ashlie Lewis

Fall is officially here, and for the dietetic students out there beginning their journey at a community or junior college, it's never too early to begin thinking about four-year university, internship and/or graduate school preparation.

Unique challenges may face the community college dietetic student. Transfer agreements and applications, gaining relevant nutrition experience, and networking, all while maintaining competitive grades can seem very overwhelming and stressful. Here's some advice from my personal community college experience that hopefully can help you keep the stress to a minimum:

Start with great grades and keep them up! Community college classes are known for being a little more relaxed than their university counterparts, and instructors tend to give more exams, homework, and extra credit. Do not start class with the attitude that "If I don't do well on this quiz it doesn't matter, because I can make up for the points later." Take advantage of every possible chance to earn amazing grades and maintain them. It's common knowledge that a stellar GPA will give you a better shot at scholarships, awards, internships, and admission to your chosen university.

Make sure the classes you take to transfer will be accepted for credit at your university. You will likely have to meet with an academic or transfer advisor to select and plan the courses you will take to meet transfer and degree prerequisites. Meet with your advisor as soon as possible, and often, as your plans or course requirements may change.

For California students, <http://www.assist.org> is a great starting point for determining transfer agreements between California community colleges and public universities. See if your state or college offers a similar directory.

Take the extra-challenging classes when possible. Different universities have different prerequisites. The first four-year school I intended on applying to only required elementary general chemistry, organic chemistry, general biology, intermediate algebra and statistics. The university I ended up transferring to required pre-med level chemistry, organic chemistry, biology, and pre-calculus. Due to my indecisiveness I transferred a year later than I could have because I had to take those higher-level classes. By taking the extra-challenging classes when possible, you get them out of the way faster, and advisors, admissions officers and faculty will be impressed by your initiative to challenge yourself. However, you will have to prioritize your time and put in extra study hours to make the grades!

Be pro-active about gaining relevant nutrition-related, science and health care experience, and start your fall freshman semester! Community colleges usually can't offer research or lab experience, don't have dedicated nutrition departments, and relevant campus programs and contacts may be limited. Create your own opportunities and experiences by contacting local hospitals and health care organizations for job and volunteer opportunities, join clubs, get to know your instructors, and get involved in community projects. I joined a community service club, which got me started volunteering at a food bank, and a health career club, which gave me the opportunity to become a major organizer in planning its first and second annual health career fairs. For a semester I also worked as a student instructional and lab aide for the biology department, providing me with extra lab technique experience. While most of my experience at my community college was not directly nutrition-related, I did gain valuable lab, leadership and organizational experience.

Be proud to be a dietetics major, and network! At my job working in the campus tutorial center, I was discussing my career plans with a friend when his tutee, Josh, overheard the conversation. Josh joined in and told me his wife Elizabeth worked as a clinical dietitian at a local hospital. I emailed Elizabeth later that night and set up a meeting at her hospital to ask her questions about her job and internship preparation. My campus offered very limited nutrition classes and dietetics resources, so I was thrilled to meet with a wonderful local dietitian who was eager to offer her insight and advice. Talk about dietetics openly and often—you never know who you could end up networking with!

Putting in the extra effort to make the most of your community college experience may seem daunting, but you will reap the rewards once it comes time to transfer, apply for internships, and make your way to becoming a registered dietitian!

Ashlie Lewis transferred from Reedley College and is beginning her senior year at California Polytechnic State University, San Luis Obispo. She will apply for 2010 internships this upcoming February and graduate with a B.S. in Applied Nutrition in June 2010. Contact her at ashliealewis@gmail.com with questions or comments!

Do you want to get involved in an ADA DPG, but not sure which one to join?

Check out Dietitians in Integrative and Functional Medicine (DIFM)! This organization, formerly titled Nutrition in Complementary Care, adds a new dimension to a traditional Registered Dietitian license and bridges conventional with emerging nutrition choices. DIFM represents a group of nutrition professionals with special interests in integrative, functional and holistic medicine, nutritional genomics, whole foods, dietary supplements and natural healing modalities. By joining DIFM as a student, you will have access to all the most up to date research and it only costs a nominal \$15.

Some of the student member benefits include:

1. Access to the Natural Standard Database, an up-to-date evidence-based, peer-reviewed database of nutritional therapies and dietary supplements– a \$299 value!
2. Annual Pre FNCE Conference for DIFM members
3. Access to the electronic mailing list (EML)
4. Reduced rates on DIFM workshops and other events and resources from the Center for Mind Body Medicine, the Institute for Functional Medicine and the International Omega 3 Consortium
5. Find-A-DIFM RD Online Referral Directory
6. Electronic and hard copies of Quarterly Dietitians in Integrative and Functional Medicine Newsletter
7. Student Travel Awards

For more information please visit our website at www.IntegrativeRD.org.

If you would like to gain valuable skills as a DIFM student volunteer or to join the Student Committee, contact Kelly Moltzen at kmoltzen@nyu.edu or Erica Kasuli at egk209@nyu.edu.

We look forward to hearing from you!

Kelly & Erica

**Would you like to write for All Access Internships?
E-mail Jenny with your article idea! Deadline for
submissions is the 7th of every month.**



IT'S NOT THE END OF THE WORLD...YOU HAVE OTHER OPTIONS!!

By Tiffany Sweatt

With only 50 percent of aspiring Dietitians being matched to a Dietetic Internship, nutrition students must not lose hope! After not receiving an internship match this past April, I spent days researching my other options. I knew that one day I still wanted to be a Dietitian, so I had to figure out how I would get there. In order to have a better chance at an internship my second time around, I would need to make myself more competitive by getting additional experience in the field. While searching for my other options I came across a few things that might help you get the experience you need for your second round of matches.

Dietetic Technician, Registered: Exciting news about becoming a Dietetic Technician, Registered!! As of June 2009, baccalaureate degree recipients from a Didactic Program in Dietetics are eligible to sit for the exam without additional coursework or supervised practice. DTR's work independently or under the supervision of an RD in a number of different healthcare facilities, community programs, and even schools or wellness facilities. During my job search a couple months ago I was able to find a number of healthcare or community programs looking to hire DTRs throughout the country. More information can be found on the ADA Website at eatright.org.

Certified Dietary Manager: If you are interested in food service then this may be your calling!! Certified Dietary Managers can find employment in a number of healthcare facilities, managing dietary operations like food purchasing, food preparation, ensuring food safety, managing work teams and more. The Dietary Manager's Credentialing exam is offered twice a year and is eligible for graduates of a DMA (Dietary Manager's Association)-approved training program and graduates from a two or four year degree in foodservice management or nutrition. During my job search I was also able to find many openings for Certified Dietary Managers around the country. Check out dmaonline.org for more information on the certification and the DMA.

Nutrition related positions requiring a Bachelors Degree: You might have to be a bit of a detective for this one. I found that in my location these types of jobs are few and far between and our current economic state is not going to make the search any easier. Try checking out your local employment websites if you would like to remain in your current location or nationwide job positing websites such as nutritionjobs.com if you are willing to relocate.

Your career in the nutrition field doesn't have to end if you do not get an internship match. Get some more experience so you won't be just another face in the crowd when it comes time to start sending out applications! Good luck and remember...not getting a match, is not the end of the world!!

Tiffany Sweatt is a 2009 graduate from the University of Maine's nutrition program and currently working as a dietary counselor for the Women, Infants, and Children program in Maine. She can be contacted at tiffanycki@gmail.com.



Sink or Swim; Social Media Pulls Out to Sea

By Rachel Perez

Imagine one enormous room with a host of dietitians, a crowd of dietetic interns, and a gathering of dietetic students. Now imagine the multiple-noisy-animated conversations filled with nutrition news, recipe swapping, career advice and DI suggestions as everyone talks together. That is the place to be! Bingo: that is social media.

What is social media, and how can I get involved? It seems overwhelming. Help! Thankfully Rebecca Scritchfield is here to translate. Rebecca is a Registered Dietitian in Washington D.C. She has her own private practice specializing in sports nutrition and weight management. Rebecca is a certified Health and Fitness Specialist and also holds a Masters degree in Communications from Johns Hopkins University. During her Masters program in 2007 she started a blog for one of her classes (<http://rebeccascritchfield.wordpress.com/>). Since then Rebecca has continued blogging and has been steadily building her social media presence.

According to Rebecca, social media refers to specific mediums (such as text, photos, and videos) through which people interact. She shares, "Social media requires two-way collaboration. A website is one-way. But a blog is engaging, and readers can become participants. Twitter [allows] people to follow each other. In social media we all connect and generate content [together]."

You may be thinking, "Sounds swell, but I'm only a student." No no no! Rebecca stresses, "It's never too early to get started. If you know how to send an email, then technically you are involved in social media already. No need to wait for a job or a dietetic internship."

If you're still wading in the shallow end, let me splash a little more encouragement. Number one. The world is online, and as future dietitians we must ensure that our profession stays at the forefront. It's time to get tech savvy so we can market new skills and fresh ideas in the field of nutrition. Number two. Social media offers a chance to be known. Connect with experts in your areas of interest and keep in touch with classmates and peers. Social media has upgraded the art of networking. It's free, it's convenient, and it's an ocean of opportunity at your disposal.

Are you wondering how to start your social media presence? Just dive in. Here are three tips from Rebecca to push you over the edge:

- 1. Be an Explorer.** Find organizations on Facebook, follow professionals on Twitter, and post your resume on LinkedIn. Read blogs, listen to podcasts, and post comments. As a student, this is the time to experiment with the tools of social media.
- 2. Try Guest Blogging.** If you have been following a certain blog and commenting, then this may be easier. Introduce yourself and offer to write something. Don't expect to get paid. Test the waters; you might enjoy it.
- 3. Create Your Own Blog.** If you're passionate about something, have an opinion, and like to write, then maybe it's time to swim further and create a blog. Realize that a blog is essentially your own personal space on the world wide web. Exciting! Evaluate the time commitment, and plan to set aside at least 3 hours per week to write and comment.



Rebecca concludes, "Social media is just a technology. In the end it's always about the relationships and networks and connections. Social media merely allows you to catch a wider net in the relationships you can make." Thanks Rebecca! Dive into social media. The learning curve is steep, but it's worth the plunge.....

Rachel Perez is a Dietetic Intern/Masters student at Frances Stern Nutrition Center, Tufts University. She is having fun with her new blog <http://coconutcrumbs.blogspot.com>. Contact her at rachelperez@gmail.com for further questions about social media for the computer-challenged. :)



Ten Things I Learned In My Dietetic Internship

By Amy Sanchez, Clinical Dietitian at South Jersey Healthcare
Former Intern at South Jersey Healthcare

I recently graduated from my dietetic internship in June of 2009. As I look back at the experiences that I had through the internship, it made me start to think about things that I have learned throughout the year. I learned a great deal on an educational level, of course, but I also learned about the little things that helped me get through the internship.

So for new interns entering in to their respective internships, I thought it might be helpful for a “top ten list” of things that I learned throughout my internship. From everything about organization to trying to stay calm right before a big case study presentation, it’s all included. I hope that some of these things will be helpful for you as you enter the wonderful world of nutrition.

1. Have Multiple Calendars

During the first day of my internship, my director gave me and my fellow interns calendars with the events and due dates for the coming 10 months. She emphasized to have the information written in several places, which turned out to be very helpful. I had the calendars that she gave me in my binder for that specific rotation and then I had written the events and due dates in my own personal planner. I also kept information about what rotation and who I was with on a main calendar at home. This way I was able to see who I was with the next couple of days at a glance before I left the house.

2. Have Separate Binders for Rotations

If your internship is like mine, you get a HUGE binder of information at your first day. You have everything from what format they want for case studies to policies and procedures for that specific internship. I found it very helpful to have separate binders for each of my rotations. I had one for foodservice and one for clinical. I kept the calendars I needed for each rotation in their specific binder along with the competencies I would need to fill in that rotation.

3. Review Competencies Every Week

If you do this every week, you won’t have to go back and think what you did the whole month or whole rotation.

4. Have a Folder for Each Project

Whatever kind of project you are doing, keep everything in a folder that is labeled. Everything will stay together and you have easy access to a project if you need to go back to it after it is done.

5. Start Looking for Journal Articles at the Beginning of the Internship

During my internship, I had to complete 2 journal reviews. It was helpful to start looking during the week of orientation right after I found out what the criteria was. This helped because I wasn’t scrambling for an article last minute when I had 10 other assignments to do. In the beginning you’ll have less to do.

6. Be Willing to Try Anything

I was asked to participate in a TV segment during my internship. It was optional and nothing that was required. I had so much fun and now I can say I was on TV. If any once in a life time opportunities come your way, take them!

7. Be at Least 15 Minutes Early to Rotation Sites

If you leave your house to be there 15 minutes earlier than when you are scheduled; it leaves time for the unforeseen obstacles that may come your way on route to the rotation. If you do get there 15 minutes early, you have time to get yourself organized and you won't feel rushed.

8. Get Excited for Presentations

This is something I learned in college, but it helped during the internship. Replace the nervous feeling you get when you present with excitement. It helps the nerves go away. You are in this field because your passionate about it....SHOW IT!

9. Have a Stress Reliever

If you stay on top of you work and have things done early or even on time, its ok to take a break. You won't do your best work if you're stressed. Also, find other things to do that release your stress, such as crafts or exercising.

10. Being Willing to Learn

Remember you don't have to know everything and you won't always know everything about this field. It is always changing and there is so much to know. Just be willing to learn and ask questions when you don't know something. This is your time to gain as much knowledge as you can.

Amy Sanchez was a former intern and is currently a clinical dietitian at South Jersey Healthcare in Vineland, NJ. You can contact her at amy.sanchez@mac.com.

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