

## **Get these Questions Answered!**

### **By Jenny Westerkamp**

Everyone says, “Network, network, network!” You have to contact RDs, and to just ‘make the ask’, so what is stopping you? Well, maybe you just don’t know WHAT to ask! So here’s my way of picking RDs’ brains in my quest for the right job...

- What steps did you take during and after the internship that got you started in your career?
- What do you spend the most time doing/working on?
- What types of clients/patients do you have?
- What foundation of knowledge and skills does it take to do what you are doing?
- How did you get into the field?
- What is the best way for one to position him/herself to get a job in this field?
- What would you have done differently in your career?
- How do you see the dietetics industry developing over the next 1,5,10 years?
- What has changed about dietetics since you entered it?
- What resources have you found most helpful? (books, dietetic practice groups, websites)
- Do you know of anyone in my area that I can connect with?
- Do you take on interns or know anyone that does?

Alright, now you have the ammunition to do some great asking. Of course, don’t use ALL of these questions at once! What questions you use should really depend on what your main purpose for contacting the RD is. This RD could give you his/her perspective on one area of dietetics, they could be your next mentor, or they can introduce you to your next mentor! Either way, they will be a source of information and inspiration within the dietetics field...they are only an e-mail or phone call away!