



Come on Baby, Light My **Fire**: Tips for **Matching** a Dietetic Internship

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Sharon Sweat; Dietetic Intern

Suzanne ("Suzi") Domel Baxter, PhD, RD, LD, FADA, FAND;
SCAND Diversity Liaison



This webinar is part of the SCAND Diversity and Inclusion Strategic Plan



Objectives for Webinar

- After attending this webinar, each attendee will be able to:
 1. List 2 ways to strengthen their dietetic internship (DI) application,
 2. List 2 things to begin doing now to strengthen their DI application, and
 3. Identify where to go on the SCAND website for information about diversity and inclusion.



SCAND Diversity and Inclusion



Member Login

Search our site...



Home

RD Info

Professional Development

Public Policy/Advocacy

Communications

Events

Jobs

Diversity and Inclusion

SCAND Diversity Mini-Grant Awards

SCAND is excited to announce 11 award winners of the Diversity Mini-Grant funded by the Academy. Each winner has their Academy membership paid for the current 2020-2021 year and registration paid for the SCAND 2021 Virtual Annual Meeting! Each award winner is from an underrepresented group. The 11 winners consist of 7 students, 1 intern, 2 RD/RDNs, and 1 DTR/NDTR. Of the 11 award winners, 7 were not Academy members. Please congratulate the following 11 award winners and help them become active in their local district, SCAND, and the Academy:

- <https://www.eatrightsc.org/diversity-and-inclusion>

Three Major Entities for the DI Process

- Applicant Guide for Supervised Practice
- DICAS
- D&D Digital



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Applicant Guide for Supervised Practice

- Search **early** for DI(s) that is/are good fit for you
- Most up-to-date reference available
- Detailing Dietetic Internships (DIs), Coordinated Programs in Dietetics (CPs/CPDs), Individualized Supervised Practice Pathways (ISPPs), and Future Education Model Graduate Programs (FEMGPs)



DICAS (Dietetic Internship Centralized Application Services)

- Online applicant portal for students who apply to DI programs that participate in DICAS Match
- Convenient, state-of-the-art, web-based application service that allows students to apply to any number of participating DI programs by completing a single online application

- Clearinghouse to help applicants obtain an internship from their rankings and to help DIs obtain applicants from their choices
- Eliminates unfair pressures and premature decisions in appointments by internships and acceptance or rejection of appointments by applicants



What DI Application May Consist of

- Personal Statement
- **Up-to-date** resume
- Transcript/GRE Score
- Verification Statement or Declaration of Intent
- Letters of Recommendations
 - # requested varies by DI program



What DI Application may Consist of (cont)

- Additional Supplements
 - Electronic portfolio
 - Application Coversheet



Get Down On It! Start Your Application

- Prepare your application **as early as possible!**
 - Do not wait until the last minute to put it together and ask for letters of reference/recommendations
 - Easy to spot a rushed application:
 - Spelling/grammatical errors
 - Missing supplemental documents
 - Not having up-to-date information
 - Incorrect DI Director name or program



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Search High and Low, for the Info that Glows



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- Attend dietetic association meetings (local, state, national) and DI Open Houses
 - Ask appropriate questions and send follow-up emails
 - Helps you to show interest and for DI Directors to see your interest
- Spend time reviewing DI programs
 - Identify which programs would be good fit for you
 - Highlight in your application why you are a good fit for them and why they are a good fit for you





Do Your Research!



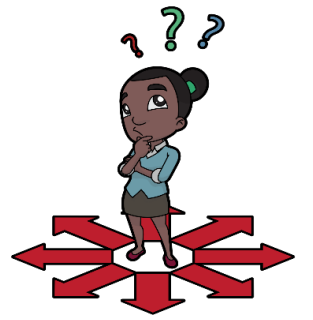
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- DI Directors enjoy students who look into specific rotations/offerings their programs have and discuss them in their personal statement
- It is **not** a game changer to say things like, “I am excited to join the DI program at _____ for it’s mission and goals”
- Mention something unique from their website or in open house presentation that drew you to apply.



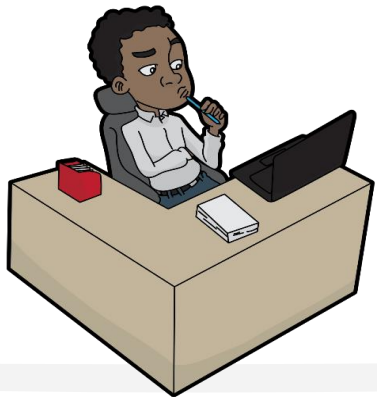
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Get Personal with Your Personal Statements



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- Tailor each personal statement to a specific internship
 - Not every internship has a similar structure of focus
 - When describing your strengths, give specific examples to illustrate them
 - Don't say "I am a self-starter and highly productive." Give an example of an experience, project or campaign that illustrates those qualities

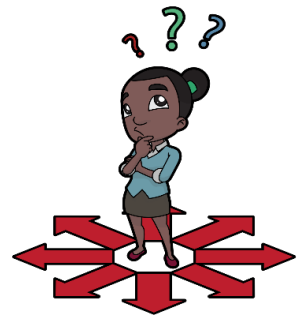


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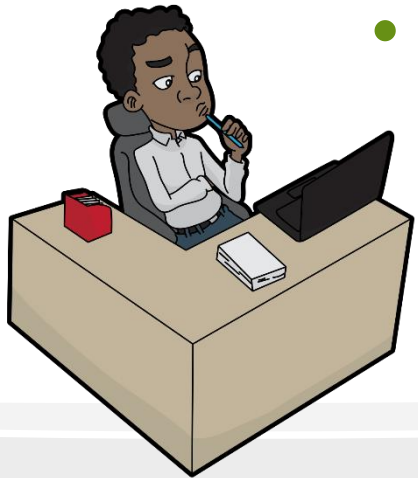
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Get Personal with Your Personal Statements (cont)



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- Look up the verbiage from Competencies for the Registered Dietitian (CRDNs) and work that into your personal statement
- Have other people review your Personal Statement and resume
 - Utilize resources at your university and from your DPD Director



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- [illegible]



■ ■ ■ Show off your skills... BUT DON'T MILK IT!



- Padding your application by expanding too much on every experience is not very welcomed
- It doesn't necessarily increase your chances of getting matched
- Use the more meaningful experiences instead of the ones that you only spent an hour with

Offer a Helping Hand by Volunteering

- Be active in the Student Dietetic Association and local, state, and/or national Academy
- Consider other opportunities such as food banks, soup kitchens, Meals on Wheels, community events
- Get your name and face out there to be known and hear about opportunities!



Be Descriptive!

- Give details about the company/program under your work/volunteer experiences
- Explain WHAT each company/program actually is; paint a picture of what takes place there!
- Show the number of hours you completed for each experience (by week/months/year)
 - 4 hours vs 40 hours can make a big difference in matching your application



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Examples of Work/Volunteer Experiences

POSITION TITLE	POSITION TYPE	SITE	DATE	# HR	# WK	TOTAL HR	DUTIES
Assistant/ server	VOLUNTEER	Toastie Cafe	1/2018 - 2/2018				Helped prepare snacks & toiletry items; prepared & served meals; cleanup & dishes
Volunteer for Speaking Engag	VOLUNTEER	Over The Hill Rec Center	12/2016 - 12/2016				Prepared & presented PowerPoint Presentation. Distributed take-home materials.
Enrollment Spec	PAID	Unique Health Center	1/2016 – 7/2020	40/ wk			Provide application assistance & enrollment. Assist with enrollment activities to educate people. Promote outreach activities, community health fairs & health screenings.



Detailed Work/Volunteer Experiences

POSITION TITLE	POSITION TYPE	SITE	DATE	# HR	# WK	TOTAL HR	DUTIES
Assistant /server	VOLUNTEER	Toastie Cafe	1/2018 - 2/2018	3	3	9	Helped prepare to-go bags with snacks & toiletry items for homeless & low-income adults; prepared & served breakfast & lunch to homeless in Dining Hall; helped with cleanup & sanitation of kitchen & dishes
Volunteer for Speaking Engagement	VOLUNTEER	Over The Hill Rec Center	12/2016 - 12/2016	2	1	2	Prepared & presented PowerPoint Presentation on child nutrition, healthy eating habits, & sleep habits for single parents. Distributed take-home materials for parents to improve their children's health.

Detailed Work/Volunteer Experiences (cont)

POSITION TITLE	POSITION TYPE	SITE	DATE	# HR	# WK	TOTAL HR	DUTIES
Healthy Outcome s Program Enrollme nt Specialis t	PAID	Unique Health Center	1/2016 – 7/2020	40	108	4176	Provide application assistance & enroll eligible patients & community members in community-based programs. Encourage participation in under-served & under-represented communities. Help educate patients, consumers, businesses, community organizations & stakeholders about Program. Help build new relationships & maintain existing ones with community entities who provide services. Promote outreach activities, health fairs & health screenings in service area for all Cooperative sites.

Scholarships, Awards, Activities, and Memberships



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- List Scholarships received
 - Academy Foundation, Affiliate, Academic, etc.
- List awards received, especially nutrition/dietetics
 - Outstanding Dietetic Student, etc
- List activities, memberships, and student leadership positions (specify elected vs appointed)
 - President of Student Dietetic Association at (school), Academy, Dietetic Practice Group (DPG), Member Interest Group (MIG), Affiliate, local dietetic association

Letters of Recommendations (LORs)

- Only ask people who can provide an **outstanding** recommendation for you
 - Ask supervisors, professors, etc; never ask friends or family members
 - Ask them early to give plenty of time
 - Provide them with your updated resume which highlights your grades, experience, and activities



THINGS TO AVOID!

- Avoid posting embarrassing or unsavory personal information or photographs on the Internet.
 - May be seen as an indicator of poor professional judgment.
- Avoid criminal behavior which may make you ineligible to work in many healthcare facilities and prevent you from completing your education.
- Never misrepresent or falsify information regarding your education, work experiences or credentials.
 - Could ruin your professional reputation and jeopardize your career.



Before You Hit Submit....



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- Double check your application(s)
 - Personal statement matches with DI program
 - All necessary supplemental documents are included with each program (which may vary)
 - Letters of recommendation, transcript/GRE score, resume
- Manage your time for the DICAS application
 - Tech issues may occur



Sell Yourself During the Interview

- There may be a virtual/in-person interview if you are selected as a potential candidate for a program(s). Respond promptly!
- If shy/nervous, try rehearsing some potential interview questions through mock interviews. Relax and be yourself.



Sell Yourself During the Interview (cont)

- Carry yourself in a respectful and professional manner, and have a positive attitude and outlook.
- Believe in yourself!



The Fire Has Been Lit! Match Day!

- There is a 50/50 chance of getting matched with a DI program
- If you receive a match on Appointment Day...
CONGRATULATIONS!
 - You should be given instructions to contact the DI director of that program and accept your match within the required timeframe designated by D&D Digital



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If At First You Do Not Succeed....

- Use opportunity to improve future application(s)
 - Contact DI Directors the day you find out that you were not matched
 - Ask why you weren't matched
- Pursue 2nd rounds
 - Apply to programs that have unfilled positions
 - Individualized Supervised Practice Pathways (ISPPs) become available
 - Distance DIs (interns secure own rotations)





Diversify Dietetics

- Provides a community for students, professionals and educators dedicated to increasing ethnic and racial diversity in the nutrition and dietetics profession.
- MISSION: To increase the racial and ethnic diversity in the field of nutrition by empowering nutrition leaders of color.
- VISION: A nutrition profession that reflects the diverse communities we serve.
- <https://www.diversifydietetics.org/>



Summary of Today's Webinar

- Ways to strengthen your DI application,
- Things to begin doing now to strengthen your DI application, and
- Where to go on the SCAND website for information about diversity and inclusion.



Food for Thought

- **Variety** is every dietitian's business.
- **Diversity and inclusion** must also be every dietitian's business.



Resources

- <https://www.eatrightpro.org/acend/students-and-advancing-education/dietetic-internship-match-students/suggestions-to-improve-your-chances-at-getting-a-dietetic-internship-position>
- [:: Internship Matching Procedures :: \(dnddigital.com\)](https://dnddigital.com/internship-matching-procedures)
- [:: Internship Matching Questions & Answers :: \(dnddigital.com\)](https://dnddigital.com/internship-matching-questions-answers)
- <https://preRD.org>
- <https://www.diversifydietetics.org/resources>
- <https://www.diversifydietetics.org/dicas-application-support>
- <https://mailchi.mp/ca5fca9e77d9/ultimate-dicas-checklist>

Acknowledgements



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- Leslie Thompson Van Horn, MS, RDN, LDN; DI Coordinator and Instructor, Winthrop University
- Individual Interns

Q AND A



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THE DI MATCH IS IN YOUR HANDS!



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