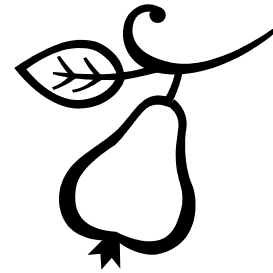


Increasing Your Chances of being Accepted into a Dietetic Internship

Here are some tips to increase your chances to be accepted into an American Dietetic Association Dietetic Internship (DI) Program. There are 244 DI programs in the US and its' territories. Only 50% of applicants are matched with a DI. These tips don't guarantee a DI match, but they do increase the possibility of a match.

- ☞ Get involved in your school's nutrition/dietetic club
- ☞ Be active with other academic or social clubs that interest you. Not everything has to be directly related to dietetics. You can learn many applicable skills from experiences outside the field
- ☞ Volunteer in a clinical nutrition setting
 - A large portion of the DI is spent in clinical rotations, so it's important that you are exposed to this setting beforehand
- ☞ Volunteer or work in other nutrition settings, such as government, non-profits, research, etc.
- ☞ Work hard to receive high academic marks to keep your GPA competitive

✧ At least once per semester, meet with your Dietetic Academic Advisor to go over your Academic Plan



Boost Your Chances for a DI

- Be ACTIVE in your school's community and the larger community. Volunteer or work as much as you can (and still have a life) in the nutrition field.
- Work or volunteer experience outside of the nutrition field can still be beneficial to your application. The goal is to make those experiences apply to the nutrition field.



Super Boost Your Chances for a DI

- Keep track of all work and volunteer hours completed, as well as contacts for those activities.
- Having records on hand when completing the DI Application ensures that every hour that you spent learning will be included on the application.
- Official documentation isn't necessary, but accuracy of hours completed is crucial.
- For one-time events that will not be included on your DI application, still record the hours. This might remind you of an experience that you could include in your personal statement as an anecdote.

Quick Tips to Pick the Best DI for YOU

- ★ If you aren't limited by location, look at all the DIs across the US (California DIs are very competitive!)
- ★ Begin your DI search the summer before you apply
- ★ Narrow your DI choices to no more than 15 before the school year begins and about 8 before Thanksgiving. The February deadline will be there before you know it!
- ★ E-mail questions to the DI director only after *thoroughly* reading their website. Also, have someone proof-read the e-mails to make sure that all your communication with the director is professional
- ★ Visit the DI, if possible