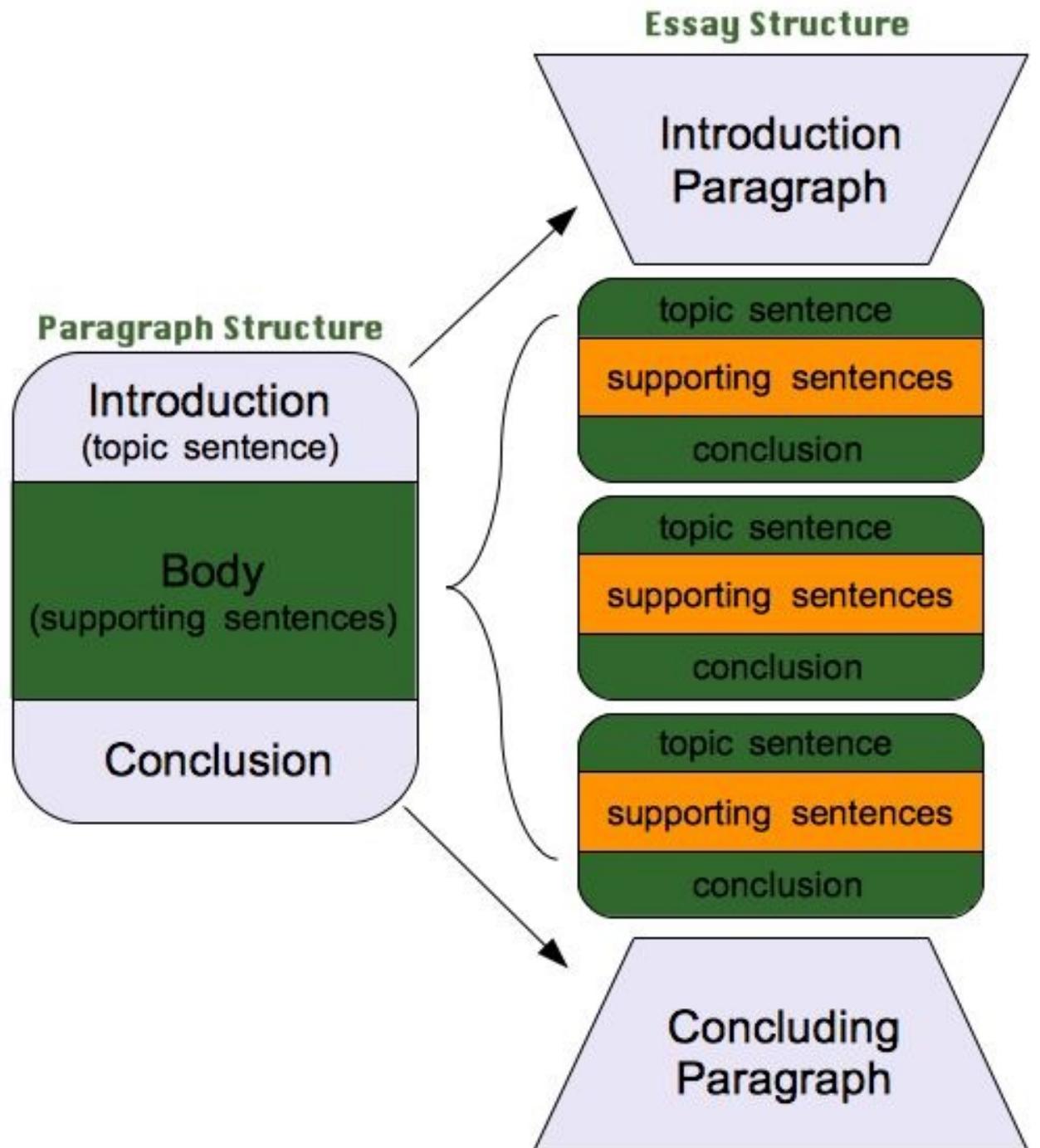


OVERVIEW

- The basics
- Telling your “story”
- Tailoring to Dis
- Strengths & areas for improvement
- Common errors
- Key words
- How are they graded?

BASIC ESSAY WRITING





MY TOOLS

MY APPLICATION

MY PROFILE

- Account Information
- Change Password
- Change Secret Question

VIEW APPLICATION [UNFORMATTED]

MY MESSAGES

7 saved messages

HELP

- Contact Us
- Instructions

Please check each internship's website for any other additional materials they may require:

Link to Program Directory

APPLICATION CHECKLIST

Legend: - Incomplete - Complete - Required

Applicant Information

- Contact Information >
- Personal Information >
- Background Information >

Match Information >

Educational Information

- DPD Course List Form >
- Colleges Attended >
- Session & Coursework > Missing Items
- Tests >

DPD Program Information

DPD Contact Information >

Required Information

- Awards, Experience & Volunteer Activities >
- Personal Statement >
- Resume >

STATUS

GPA Calculations

Transcripts Recd: 0 Transcript Not Recd: 0 Transcript

Designations Complete: 0 Designation Not complete: 0 Designation

References Complete: 0 Reference Incomplete: 0 Reference

Payments Recd: 0 Designation Not Recd: 0 Designation

DPD Submitted to DPD

NEW! You can now follow the status of your DICAS application on your smartphone:

DICAS Mobile portal





Application > Personal Statements

[INSTRUCTIONS FOR THIS SECTION](#)

If you are ready to write and/or submit your personal statement, click on the add new entry button below.
Note: it is important to read the instructions for this page.

[+ ADD NEW ENTRY](#)

Personal Statements

PERSONAL STATEMENT TITLE	ACTION
Personal Statement	B X
Personal Statement 2	B X

MY TOOLS

[MY APPLICATION](#)

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- [Change Secret Question](#)

[VIEW APPLICATION \(UNFORMATTED\)](#)

[MY MESSAGES](#)

[- 7 saved messages](#)

HELP

[Contact Us](#)

[Instructions](#)



Requirements

- You can either choose to create one generic statement that is suitable for all programs you are applying to or you can create multiple tailored statements which specifically address each individual program.
- Do not exceed the maximum length of 1,000 words.
- Use your own words. Plagiarizing any part of your personal statement is a violation of DICAS policies and may subject you to sanctions.
- Use simple formatting.

– [Table of contents](#)
[Requirements](#)
[Proofreading](#)



MY TOOLS

- MY APPLICATION
- MY PROFILE
 - Account Information
 - Change Password

Please make sure to save this section before leaving this page.
Copy and paste in plain text.

Application > Personal Statement

■ - Required Information

[INSTRUCTIONS FOR THIS SECTION](#)

The content of your personal statement must be your original writing, which is solely authored by you. Plagiarism of any kind is not

Please address the following items in the personal statement: ■

- a. Why do you want to enter the dietetics profession?**
- b. Discuss experiences that have helped to prepare you for your career.**
- c. What are your short-term and long-term goals?**
- d. What are your strengths and weaknesses or areas needing improvement?**
- e. What other information do you consider important for the selection decision?**

→ Instructions

- d. What are your strengths and weaknesses or areas needing improvement?
- e. What other information do you consider important for the selection decision?

Please check each internship's website for any other additional

DICAS QUESTIONS:

- Why do you want to enter the dietetics profession?
- Discuss experiences that have helped to prepare you for your career / DI
- What are your short-term and long-term goals?
 - short-term = after DI
 - long-term = 5 years out
- What are your strengths and areas needing improvement?
- What other information do you consider important to the selection decision?

TELLING YOUR “STORY”

- Health Professions Advising (HPA) Resources
 - hpa.ucdavis.edu
- HPA > Application Prep > Personal Statements

UCDAVIS
HEALTH PROFESSIONS ADVISING



[HOME](#)

[HEALTH PROFESSIONS >](#)

[PRE-HEALTH PROGRAMS](#)

[APPLICATION PREP >](#)

[POST BAC PROGRAM >](#)

[ABOUT US >](#)

Personal Statements

TAILOR TO EACH DI

- Why are you interested in this DI?
 - Why are you a good fit for this DI?
 - How will this program help you reach your long-term goals?
-
- **HINT: look at mission & goals!**

SFSU MISSION & GOALS

- **Mission:** The mission of the San Francisco State University Dietetic Internship is to provide a high-quality program that prepares interns in the areas of medical nutrition therapy (concentration), community nutrition, and management. Upon completion of the program, graduates will be prepared for entry-level work as Registered Dietitian Nutritionists/Registered Dietitians (RDNs/RDs) to provide services to individuals, families, consumers and the institutions, industries and businesses serving them **in the Greater San Francisco Bay Area.**
- **Goal 1:** Graduates of the program will be prepared for entry-level practice as Registered Dietitian Nutritionists/Registered Dietitians (RDNs/RDs)
- **Goal 2:** Graduates of the program will become gainfully employed as Registered Dietitian Nutritionists/Registered Dietitians (RDNs/RDs).
 - **Objective 3:** At least 80% of graduates will be employed in a nutrition/dietetics related position **located in the greater San Francisco Bay Area** one year after program completion.
 - **Outcome:** 84% of graduates, one-year post program completion, **are employed in the Bay Area.**

NAPA STATE HOSPITAL DIETETIC INTERNSHIP

- **Mission:** The program's mission is to promote lifelong learning and advocate development of individuals who are equipped with unique skills and abilities in the field of dietetics. The program seeks to provide an educational environment that acknowledges each individual's learning potential and facilitates development of marketable skills as an entry-level Registered Dietitian Nutritionist.
- **Program Goal #2:** Graduates will seek permanent employment **with the State of California and the program affiliates** as an outcome of the quality training and experiences that prepared them to become entry-level dietitians.
 - 50% of graduates will pursue dietetic-related positions available **in the California State Employment System or with one of the program's affiliates**.
 - 25% of graduates will obtain a dietetic-related position within the **California State Employment System or with one of the program's affiliates**.

UNIVERSITY OF THE PACIFIC

FUTURE GRADUATE PROGRAM

- **Mission:** The mission of the Master of Science in Clinical Nutrition FG Program is to provide a graduate level, student-centered, interprofessional Nutrition and Dietetics education, that is integrated with leadership, innovative supervised experiential learning and research experiences that prepares students to become skilled and compassionate registered dietitian nutritionist professionals who practice comprehensive clinical nutrition care using an evidence-based approach.
- **Goal 2:** Prepare graduates who participate in interprofessional practice and apply an evidence-based approach to practice.
- **Objectives:**
 - 2.1 During their first year of employment, 100% of program graduates who respond to our graduate survey will report **participating in interprofessional practice activities** (interdisciplinary healthcare teams, interprofessional committees/initiatives).
 - 2.2 During their first year of employment, 100% of program graduates who respond to our graduate survey will report how they will **routinely use current evidence-based research in professional practice.**

TAILOR TO SPECIFIC PROGRAMS

Specific Criteria for CSU, Sacramento

Personal Statement:

- What to include in your DICAS Personal Statement:
 - Describe your interest in the dietetics profession.
 - What in particular about our program interests you?
 - Please describe your interest in our emphases:
 - Advocacy and Public Policy and/or
 - Disease Prevention and Health Promotion.
 - Describe your ability to work independently.
 - What qualities do you have that make you a good match for CSUS?
 - Why Sac State?
- 8,000 characters or approximately 1,000 WORD LIMIT

COMMON PS ERRORS – FROM DI DIRECTORS

- “It’s not personalized to fit the specific internship.”
- “More than 80% still have grammatical errors.”
- “20% don’t answer the Academy’s questions (on DICAS)”
- “We emphasize using an essay-based format to answer the questions, but I still have applicants who number their questions and answer them one-by-one.”
- “Mistakenly write another program's name in their application letter to our program.”

COMMON PS ERRORS – FROM DI DIRECTORS

- “It is quite clear when an applicant writes about “how much they would like to work in wellness/public health/culinary,” when we are a clinical nutrition-focused program. Not only do I question if the intern would be a good fit for our program, but I also wonder if they even looked at what our program has to offer. I understand that someone may still want to pursue our program and not have the goal of working in the clinical field (or may change their goal later), but it still comes across as failing to research the programs to which they are applying.”

COMMON PS ERRORS – FROM DI DIRECTORS

- “Fails to identify WHY they are applying to our program. We want to know why they feel our program would be a good fit for them and their goals, and why they would be a good fit for what we offer. Far too often we get personal statements that are IMpersonal, seemingly written to everybody rather than to the person(s) who will be making the decision about their candidacy. It has to be more than “I would love to be an intern at XXX because the nutrition therapy emphasis aligns with my goals of becoming a clinical dietitian.” We can’t with confidence pass a candidate through to the next level of consideration who does not seem to understand exactly what our internship is about.”

DIG DEEPER INTO DIS

1. Mission, goals
2. Specific concentration: dig deeper
 1. Why this internship?
 2. Specific rotations
3. Specific rotations
4. How will they help you meet your long-term goals?
5. Location – be careful

Essay Questions

Applicant's responses to the Dietetic Internship Centralized Application Services (DICAS) Personal Statement and UC Davis Medical Center Addendum Questions are reviewed. Strong responses:

- Address all components of the questions
- Include specific examples
- Highlight your skills and suitability for the program, including leadership skills, ability to work with others, problem solve and critically think.

Addendum Questions

In addition to the Personal Statement required in DICAS, the UC Davis Medical Center Dietetic Internship Program requires each applicant to answer two addendum questions. Please type your name on the upper right hand corner of **EACH** page and limit each answer to 300 words, single spaced. **Upload** the answers to the two addendum questions to **DICAS** in the "**Dietetic Internship Program Designation**" section. Additionally, enclose the two addendum question answers in your **supplemental application packet** and send to **UC Davis Medical Center**. The Addendum Questions can be found by clicking this link: [UC Davis Medical Center Dietetic Internship Program Addendum Questions](#).

1. Describe a time when you were placed in a situation in which you were given minimal direction. This may be related to a work, school or life experience. How did you work through the situation? What was the outcome? What did you learn from this experience?
2. During the dietetic internship program, you will be interacting with co-workers, patients and families who are different than you (examples: generational, gender, ethnic, cultural, socio-economic, disability status, sexual orientation). Describe a situation when you have worked with a person who was different from you. What did you learn from this experience?

STRENGTHS

- Internship & Career Center (ICC)
 - icc.ucdavis.edu

EXAMPLES OF ADAPTIVE SKILL WORDS THAT DESCRIBE YOUR PERSONAL TRAITS

Active	Dedicated	Experienced	Methodical	Resourceful
Adaptable	Dependable	Fair	Objective	Self-Confident
Adaptive	Determined	Familiar	Open minded	Self-motivated
Adept	Diligent	Firm	Outgoing	Self-reliant
Aggressive	Diplomatic	Forceful	Personable	Sensitive
Analytical	Disciplined	Honest	Pleasant	Sharp
Assertive	Discreet	Independent	Poised	Sincere
Broad-Minded	Effective	Innovative	Positive	Strong
Committed	Efficient	Instrumental	Practical	Successful
Competent	Energetic	Keen	Productive	Tactful
Conscientious	Enterprising	Logical	Receptive	Tenacious
Cooperative	Enthusiastic	Loyall	Reliable	Well-organized
Creative	Exceptional	Mature	Resilient	



San Francisco State University Career Center

1600 Holloway Avenue, Student Services Building 206, San Francisco CA 94132
Tel: 415/338-1764 • Fax: 415/338-2979 • careerct@sfsu.edu • www.sfsu.edu/~care

Resources

- [Transferable Skills Inventory](#)
- [Verb List for Resumes and CVs](#)
- [Resume and CV Samples](#)
- [Resume Starter Kit](#)
- [Alternative Resume Formats](#)
- [Resume Writing Workshops](#)
- [Meet with an Advisor](#)

ICC > RESUME MATERIALS

Transferable Skills Inventory Functional, Personal and Knowledge-Based Skills

Here are two exercises that may help you 1) identify specific transferable skills, 2) articulate their use in your past experiences, and 3) help build language and examples to use both in a resume/curriculum vitae (CV), and while interviewing.

FUNCTIONAL SKILLS INVENTORY

Instructions:

Step #1

Describe your top 6 accomplishments of which you are most proud below in **Section A**. The accomplishments can be from any area of your life, not just work (e.g. coursework or research, volunteering, internships, unpaid positions, part-time positions, leadership positions, etc.).

Step #2

Select which skills you used for each accomplishment by marking an X in the box in the appropriate numbered column in **Section B** (column numbers should match the accomplishment's number).

Step #3

Do this for each of the six accomplishments. Please see the example for guidance.

Section A: Top 6 Accomplishments

1a. (Example) Presented a portion of my thesis at a conference.

ICC > TRANSFERABLE SKILLS INVENTORY

Section B: Skill Inventory (Example from section A is represented under 1a). What skills did you use when achieving your accomplishments? Check the column for each of your top 6 accomplishments.

Verbal Communication	1a	1	2	3	4	5	6
Perform and entertain before groups							
Speak well in public appearances	X						
Confront and express opinions without offending	X						
Interview people to obtain information							
Handle complaints __in person __over phone							
Present ideas effectively in speeches or lecture	X						
Persuade/influence others to a certain point of view	X						
Sell ideas, products or services	X						
Debate ideas with others	X						
Participate in group discussions and teams	X						

Nonverbal Communication	1a	1	2	3	4	5	6
Listen carefully and attentively	X						
Communicate positive self-image	X						

AREAS FOR IMPROVEMENT

- GPA
- Lack of work experience
- Lack of volunteer experience
- Lack of clinical experience
- Language skills

WEAKNESSES / AREAS FOR IMPROVEMENT

- My main weakness is my limited volunteer experiences; however, my job experiences strongly outweigh this detail. I have financially supported myself throughout school and also paid for my own education. My ability to balance school and work displays my determination and self-motivation.

WEAKNESSES / AREAS FOR IMPROVEMENT

- My weakness, however, is that sometimes I take on too much instead of focusing on just a few tasks and performing them to my best ability. I have a hard time saying no to people but this is something I strive to improve upon each day.

“KEY WORDS”

- Your school – UC Davis
- Management
- Leadership
- Supervisory skills
- Skill development
- Clinical
- HACCP
- ServSafe
- NCP (Nutrition Care Process)
- NCPT (NCP Terminology)
- ADIME or other charting methods
- Evidenced-based practice
- Academy of Nutrition & Dietetics
- California Academy of Nutrition and Dietetics
- Local Academy Affiliate
- Student Nutrition Association
- Experience:
 - Public Health / Community
 - Clinical / MNT
 - Management / FSM
- Language skills

SO...HOW ARE THEY GRADED/REVIEWED?

- DI Director reads all
- One person reads all & assigns a score
- Outside person reads all & assigns a score
- Read by a committee
- Extra points:
 - Language skills
 - “key words”

5. LETTER

Grammar composition and content of application letter: statement of professional goals and interests, assessment of personal strengths and weaknesses.

Not Acceptable - Poor application letter = 0

Acceptable - Acceptable letter = 2

Good - Well written letter = 4

GOAL ?



