## Semester-by-Semester Guide
### and Tips for Getting the Internship

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<th>Fall</th>
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| **Freshman Year** | • Attend the college Program Orientation  
• Start gaining dietetic related experiences by volunteering and shadowing dietitians  
• Join Student Dietetic Association (SDA) and other professional organizations and get involved  
• Get to know professors and go to office hours | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours |
| **Sophomore Year** | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field |
| **Junior Year**   | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field  
• Attend Internship Workshop  
• Begin looking at programs (graduate/internship) you might be interested in: start with reviewing the Applicant Guide to Supervised Practice on reserve at FIU Libraries  
• Begin working on resume and personal statements | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field  
• Attend Internship Workshop  
• Continue looking at programs (graduate/internship) you might be interested in |
| **Senior Year**   | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field  
• Narrow down programs you might be interested in applying to  
• Read all requirements carefully  
• Attend open houses for programs you are interested in and other networking events  
• Continue working on personal statement and resume  
• Ask in person for letters of recommendations one month ahead of your deadline (bring personal statement and resume)  
• If interested in a graduate program that requires the GRE, study for and take GRE  
• If interested in distance internships, identify preceptors and start gathering required paperwork | • Continue volunteering and shadowing dietitians  
• Continue involvement in SDA and other professional organizations  
• Get to know professors and go to office hours  
• Seek out research and work experiences in areas related to your desired field  
• **CHECK ALL DEADLINES FOR INTERNSHIP/GRADUATE PROGRAMS**  
• Apply to specific programs  
If applying through MATCH:  
• Apply to the Dietetic Internship Central Application Service ([https://portal.dicas.org](https://portal.dicas.org))  
• Register for DI match through D&D Digital ([https://www.dnddigital.com](https://www.dnddigital.com)) |

**Notes:**
1. Maintain high GPA EVERY semester—pay special attention to Science and DPD coursework;  
2. Keep work samples throughout for Career Portfolio  

--edited CC and JAM 8/19/19