

# Tips for Getting the Internship

## Semester by Semester Guide

	<b>Fall</b>	<b>Spring</b>
Freshman Year	<ul style="list-style-type: none"> <li>• Attend department Program Orientation workshop</li> <li>• Start gaining dietetic related experiences by volunteering and shadowing dietitians</li> <li>• Join Student Dietetic Association (SDA) and other professional organizations and get involved</li> <li>• Get to know professors and go to office hours</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> </ul>
Sophomore Year	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• Seek out research and work experiences in areas related to your desired field</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• <i>Seek out research and work experiences in areas related to your desired field</i></li> </ul>
Junior Year	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• <i>Seek out research and work experiences in areas related to your desired field</i></li> <li>• Attend Internship Workshop</li> <li>• Start looking at programs (graduate/internship) you might be interested in</li> <li>• Begin working on resume and personal statements</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• <i>Seek out research and work experiences in areas related to your desired field</i></li> <li>• Attend Internship Workshop</li> <li>• Continue working on personal statement and resume</li> <li>• Continue looking at programs (graduate/internship) you might be interested in</li> </ul>
Senior Year	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• <i>Seek out research and work experiences in areas related to your desired field</i></li> <li>• Narrow down programs you might be interested in applying to</li> <li>• Read all requirements carefully</li> <li>• Attend open houses for programs you are interested in and other networking events</li> <li>• Continue working on personal statement and resume</li> <li>• Ask for letters of recommendations (bring personal statement and resume)</li> <li>• If interested in a graduate program that requires the GRE, study for and take GRE</li> <li>• If interested in distance internships, identify preceptors and start gathering required paperwork</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Continue volunteering and shadowing dietitians</i></li> <li>• <i>Continue involvement in SDA and other professional organizations</i></li> <li>• <i>Get to know professors and go to office hours</i></li> <li>• <i>Seek out research and work experiences in areas related to your desired field</i></li> <li>• <b>CHECK ALL DEADLINES FOR INTERNSHIP/GRADUATE PROGRAMS</b></li> <li>• Apply to specific programs</li> </ul> <p>If applying through MATCH:</p> <ul style="list-style-type: none"> <li>• Apply to the Dietetic Internship Central Application Service (<a href="https://portal.dicas.org">https://portal.dicas.org</a>)</li> <li>• Register for DI match through D&amp;D Digital (<a href="https://www.dnddigital.com">https://www.dnddigital.com</a>)</li> </ul>

\*Maintain high GPA EVERY semester – pay special attention to Science and DPD coursework

\*Keep work samples throughout for Career Portfolio