

PEPPERDINE UNIVERSITY

Seaver College

Natural Science Division

Nutritional Science

DIDACTIC PROGRAM IN DIETETICS (DPD)

STUDENT HANDBOOK, *revised April 2018*

2018-2019

**Pepperdine University Nutritional Science DPD
has been granted initial accreditation at the baccalaureate level until 2023 by the
Accreditation Council for Education in Nutrition and Dietetics, of
The Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000,
Chicago, Illinois 60606-6995, 800-877-1600, www.eatright.org/acend**

Welcome to Pepperdine University's Nutritional Science Program in the Natural Science Division of Seaver College!

This handbook is designed to help students with the program policies and procedures to which you are required to follow while you are a student enrolled in the DPD. The Handbook is not intended to be all-inclusive, but rather is to be used as a supplement to Pepperdine University's Undergraduate Student Handbook. All of Pepperdine's policies and procedures apply to DPD students; however, this handbook discusses specific guidelines as they apply to students enrolled in the DPD. It outlines accepted policy, based on the program's compliance to the Accreditation Council for Education in Nutrition and Dietetics 2017 Accreditation Standards as adopted July 29, 2016; Effective June 1, 2017 and then, updated January 26, 2018, and effective July 1, 2018.

This handbook is one tool for you to use in completing your Nutritional Science degree at Pepperdine. It is important that you read and become knowledgeable about the information presented in both this and Pepperdine's Undergraduate Student Handbook. In addition, you should meet with your advisor once each term at minimum to plan your course of study, and to assure that you are making adequate progress towards your degree. If you have further questions about the Nutritional Science program, especially those not covered in the handbook, please be sure to speak with your advisor. The faculty is here to support your academic career and guide you along the way towards a career in Dietetics, Nutritional Science, and other related Health Professions and employment.

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The DPD Student Handbook for the Nutritional Science program at Pepperdine University

TABLE OF CONTENTS

Section I - Introduction

1. Mission Statement 4
2. Program Goals and Outcomes 4
3. Program Student Learning Outcomes 4-5
4. Accreditation 5
5. ACEND 2017 Knowledge requirements of DPD program 6-8

Section 2 – Pepperdine Academic Regulations and Policies

1. Admission to Pepperdine 8
2. Tuition and fees 8
3. University policies and procedures 8
4. Academic Calendar 9
5. Student Services 9
6. Assessing and granting credit for prior learning 10
7. Review of coursework obtained outside the United States 10
8. Student Grievances 10

Section 3 – Academic Overview

1. Curriculum and Academic map 11
2. Student and Professional Organizations 12
3. DPD verification statements 12

Section 4 – Post baccalaureate considerations

1. What is a Registered Dietitian Nutritionist (RDN) 13
2. Pathway to becoming a RDN 13
3. Post graduate options
 - A. Dietetic Internships (Supervised Practice Programs) 13
 - B. Computer Matching 14-15
 - C. Four Year Academic Plan 15-16
 - D. Graduate School 16
 - E. Careers 16-17

1. Program Mission

Mission Statement

The major of Nutritional Science exists to prepare students to integrate and apply scientific principles of food, nutrition, biochemistry, genetics, molecular biology, physiology, management, and behavioral and social sciences to achieve and maintain the health of the public.

2. Program Goals and Outcomes

Program Goals of the Nutritional Science DPD are designed to:

1. provide the student with the foundation, knowledge and skills required of didactic education in dietetics for successful participation in dietetic internships and/or post-baccalaureate programs; passing the registration examination for entry-level dietitians; continued lifelong learning; and productive future careers in nutrition, public health and dietetics.
2. prepare students to integrate research using current technology in the advancement and dissemination of knowledge related to nutrition as an applied science.
3. prepare students to assume roles in leadership, management, and policy development.

3. Measureable Program Outcomes for each Program Goal are:

To provide the student with the foundation, knowledge and skills required of didactic education in dietetics for successful participation in dietetic internships and/or post-baccalaureate programs; passing the registration examination for entry-level dietitians; continued lifelong learning; and productive future careers in nutrition, public health and dietetics.

- 1.1 Alumni will achieve over a 5-year period a pass rate of at least 90% on the RD (Registered Dietitian Nutritionist) exam.
- 1.2 Within 12 months of completing the program, at least 80% of graduates will have passed the RD exam, obtained employment related to their major, or enrolled in an accredited continuing education program.
- 1.3 Students applying to post-graduate supervised practice programs will have at least a 90% placement rate.
- 1.4 100% of graduates will have been examined and passed by a mock registration exam.
- 1.5 By middle of senior year in the program, 100% of students will have received instruction specifically about graduate school choices in nutrition, dietetics, or foodservice.
- 1.6 DPD will comply with the Standards in Education as outlined by CADE of the AND (Academy of Nutrition and Dietetics).
- 1.7 90% of the DPD students will be accepted into a CADE accredited dietetic internship.
- 1.8 100% of the DPD students will create and maintain a student and academic portfolio.
- 1.9 70% of DPD graduates will rate their preparation for their dietetic internship experiences as satisfactory.
- 1.10 80% of employers of DPD graduates will rate the student's preparation as satisfactory.

To prepare students to integrate research using current technology in the advancement and dissemination of knowledge related to nutrition as an applied science.

- 2.1 100% of students can analyze results and draw reasonable conclusions from them.
- 2.2 100% of students can locate appropriate sources by searching both electronic and print databases.
- 2.3 100% of students can distinguish between science and pseudoscience.
- 2.4 100% of students will prepare a grant proposal and present research about AND defined current public health concerns and international nutrition issues.
- 2.5 100% of DPD courses will integrate nutrition research principles, evidence based medicine and evidence based practice into the course content and evaluations.
- 2.6 100% of DPD students will demonstrate competence in the use of appropriate productivity tools (Word Processors, spreadsheets, graphic programs, PowerPoint, excel, web-based discussion groups, and statistical analysis programs).

To prepare students to assume roles in leadership, management, and policy development.

- 3.1 80% of DPD students will be members of the Academy of Nutrition and Dietetics.
- 3.2 80% of DPD students will continue membership in the AND during their dietetic internship.
- 3.3.1 60% of DPD graduates who enter the profession will continue membership through the next five years.
- 3.4 100% of DPD students will participate in self-evaluation of teamwork and leadership.
- 3.5 50% of DPD students will identify a mentor in a professional organization such as the California Academy of Nutrition and Dietetics (CAND) (and foundation) or the Los Angeles Dietetic Association (LAD).
- 3.6 70% of DPD students will attend the CAND Annual Meeting.
- 3.7 50% of the DPD students will attend Public Policy Day and/or complete the Washington D.C. internship on Nutrition policy with the National Institute for Health.
- 3.8 90% of DPD students will participate in student organizations, including the Student Dietetic Association at Seaver College.

4. Accreditation

The Nutritional Science Didactic Program in Dietetics (DPD) was awarded a 10-year accreditation in 1992. The Nutritional Science major is accredited by an external reviewer, ACEND (Accreditation Council for Education in Nutrition and Dietetics) such that students receive a didactic education in compliance with the 2017 Accreditation Standards. As such, the undergraduate curriculum provides a theoretical foundation necessary for the practice of dietetics. To more evenly distribute the ACEND program review dates, ACEND adjusted review dates in 1999. Pepperdine University's program review date (2002) was changed to 2005. Successfully, the Nutritional Science program was given a 10-year accreditation in October 2005, and then again, in 2016, was given a 7-year accreditation until 2023.

5. ACEND FOUNDATION KNOWLEDGE AND LEARNING OUTCOMES REQUIREMENTS FOR Didactic Program in Dietetics (DPD) - 2017

Foundation learning is defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) as follows: the Core Knowledge must be the basis on which the program curriculum and learning activities are built within the context of the mission and goals of the program. The following five emphasis areas are specified by ACEND as foundation knowledge requirements and for the didactic component of entry level dietetic education programs:

Domain 1: Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2 Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3 Apply critical thinking skills.

Domain 2: Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the professional dietitian nutritionist level of practice.

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe interprofessional relationships in various practice settings.

KRDN 2.3 Assess the impact of a public policy position on nutrition and dietetics practice.

KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

KRDN 2.6 Demonstrate an understanding of cultural competence/sensitivity.

KRDN 2.7 Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession.

KRDN 2.8 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

Domain 3: Clinical and Customer Services: Development and delivery of information, products and services to individuals, groups and populations.

KRDN 3.1 Use the Nutrition Care Process to make decisions, identify nutrition- related problems and determine and evaluate nutrition interventions.

KRDN 3.2 Develop an educational session or program/educational strategy for a target population.

KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change enhance wellness for diverse individuals and groups.

KRDN 3.4 Explain the process involved in delivering quality food and nutrition services.

KRDN 3.5 Describe basic concepts for nutritional genomics.

Domain 4: Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations.

KRDN 4.1 Apply management theories to the development of programs or services. Evaluate a budget and interpret financial data.

KRDN 4.2 Evaluate a budget and interpret financial data.

KRDN 4.3 Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4 Apply the principles of human resource management to different Situations.

KRDN 4.5 Describe safety principles related to food, personnel and consumers.

KRDN 4.6 Analyze data for assessment and evaluate data to be used in decision- making for continuous quality improvement.

5.3: The program’s curriculum must provide learning activities to attain the breadth and depth of the required curriculum components and core knowledge. Syllabi for courses taught within the academic unit must include these learning activities with the associated KRDNs.

1. Learning activities must prepare students for professional practice with patients/clients with various conditions, including, but not limited to overweight and obesity; endocrine disorders; cancer; malnutrition and cardiovascular, gastrointestinal and renal diseases.
2. Learning activities must prepare students to implement the Nutrition Care Process with various populations and diverse cultures, including infants, children, adolescents, adults, pregnant/lactating females and older adults.
3. Learning activities must use a variety of educational approaches necessary for delivery of curriculum content, to meet learner needs and to facilitate learning objectives.

Section 2 – Pepperdine Academic Regulations and Policies

1. Admission – please visit: www.seaver.pepperdine.edu/admission

2. Tuition and Fees, Scholarships and Withdrawal and refund of tuition – please visit www.seaver.pepperdine.edu/financialassistance

3. University policies and procedures

The DPD program expects all enrolled students to abide by all the policies and procedures set forth in the student handbook, including but not limited to: protection and privacy of student information; filing and handling of complaints from students, retention and remediation procedures, and disciplinary and termination procedures. In addition, all Nutritional Science and DPD assessment Program Outcomes are available to the student upon request from Office of Institutional Effectiveness (OIE): www.oie.pepperdine.edu. The student handbook can be viewed in it’s entirety at: www.seaver.pepperdine.edu/studentlife/handbook.

4. Medical Exam and Medical Insurance Policies

Students must provide proof of a physical exam completed prior to enrollment and proof of medical insurance while enrolled in the DPD, according to University policy. This includes, proof of physical examination, immunizations, vaccines, TB test, and Hepatitis B immunity. If a student becomes ill or injured while enrolled in the program, the student’s health coverage would take effect to cover all health costs: www.seaver.pepperdine.edu/studentlife/handbook.

5. Professional Liability and Auto Insurance (applies to student involved in supervised practice component of the DPD program)

It is required that each student carry Professional Liability Insurance throughout the entire program. In addition, current auto insurance must be carried by the student. These costs are the responsibility of the student. Professional liability insurance is available on the Academy of Nutrition and Dietetic website (www.eatright.org).

6. **Safety in Travel to and from Assigned Areas (applies to student involved in supervised practice component of the DPD program)**
Students must supply his/her transportation to and from assigned supervised practice facilities. Auto insurance must be current during the length of the program.
7. **Injury or Illness While in DPD program**
Students who are injured or become ill while at a supervised practice rotation should seek immediate medical care at either a personal physician's office or an emergency room depending on need. The student is responsible for financial/medical insurance to cover this care.
8. **Drug Testing and Criminal Background Check**
Students are required to undergo a drug test and criminal background check **if** required by the supervised practice facility. The student is responsible for this expense. In the case of a student not passing the drug test or criminal background check, they will be unable to continue in the program.
9. **Education Purpose of Supervised Practice (such as in internship; volunteer activity; or laboratory exercise).**
The educational purpose of supervised practice is important to understand for each student. If the student is engaged in a laboratory exercise, volunteer activity, or an internship, then the student must understand that the focus of this extracurricular activity **must maintain an educational focus in order to prevent the use of students/interns to replace employees**. If the student thinks that the he/she is being used as an actual employee, then the student can report this misunderstanding to the faculty supervisor or the Chair of the Natural Science Division.
10. **Formal assessment of student learning and regular reports of performance and progress.**
Formal assessment of student learning is maintained throughout a course using the Sakai software gradebook (students have continual access to their course grade). In addition, a midterm report of performance is provided to each student around the 7th to 8th week of the term. And finally, just prior to the week of Seaver course evaluations and final exams, a quantitative assessment of the student learning is provided to each student. Final assessment is provided by a final grade that can be discussed with instructor of course for up to one year upon completion of an academic course:
www.seaver.pepperdine.edu/studentlife/handbook.
11. **Academic Calendar**
The DPD program observes the University calendar, which may be viewed at: www.pepperdine.edu/academics/calendar.
12. **Student Services**
Students enrolled at Pepperdine University have access to student services on campus. Additional information on these services can be found at www.seaver.pepperdine.edu/studentlife.

13. Assessing and Granting Credit for Prior Learning

Upon admission to Pepperdine University, the Office of the Registrar evaluates coursework and assigns credit. Some courses may need to be evaluated at the departmental level once the student is admitted to the University. Students must submit a copy of the syllabus and a “request to transfer or substitution form” from the academic advising office to the DPD director. Courses meeting the DPD requirements must have been completed in the past ten years. Coursework obtained longer than 10 years prior will need to be taken again. Experiential learning is not accepted as credit towards the DPD requirements.

14. Review of coursework obtained outside of the United States

Coursework to meet didactic requirements must be assessed by an independent foreign degree evaluation agency. These agencies may be found at: <http://www.eatright.org/students/getstarted/international/agencies.aspx>.

A fee of \$300. is assessed if a student with an assessed degree(s) outside the United States seeks an examination of compliance with the DPD courses at Pepperdine in order to receive a Verification Statement by the DPD Director. Any student wishing to obtain a Verification Statement from Pepperdine University’s DPD program must complete a minimum of the following 4 courses: CHEM 330-Biochemistry; NUTR 310 Principles of Nutrition; NUTR 460-Therapeutic Nutrition for Individuals; NUTR 313-Foodservice Systems Management.

15. Student Grievances

If any problem or complaint arises, the student should consult with the DPD Director, Dr. Helm, RDN first. If the issue is not resolved, the Chairperson of the Natural Science Division, Dr. Rodney Honeycutt should be consulted. If still not resolved, the grievance may be brought to a committee consisting of the DPD Director, the Chairperson and the Dean of Seaver College. Grievances involving didactic courses should first be discussed with the course instructor. Then, if not resolved, the student, course instructor and DPD Director will meet to discuss and resolve the issue. Grievances involving the DPD Director should first be discussed with the DPD Director directly, then if not resolved, with the Chairperson of the Natural Science Division. If a solution satisfactory to all parties is not reached to resolve the issue, the grievant may file a written grievance with the Associate Dean of Seaver College. The document should describe the nature and circumstances of the grievance, previous efforts to resolve the problem and the nature of redress the grievant is seeking (see pages 75-76 of the policies in the Student Handbook, www.seaver.pepperdine.edu/student_affairs/content/handbook/handbook_2018).

To enroll in any nutritional science course which lists prerequisites, a student must earn a grade of “C-” or better in all prerequisites. A nutritional science major must complete the following courses, which are designed to meet the Academy of Nutrition and Dietetic’s academic requirements:

BACHELOR OF SCIENCE IN NUTRITIONAL SCIENCE

COURSE ID	COURSE NAME	UNITS	LAB
Lower-Division Courses: 30 units			
BIOL 211	Biology of Cells	4	yes
BIOL 270	Human Physiology	4	yes
CHEM 120	General Chemistry I	4	yes
CHEM 121	General Chemistry II	4	yes
MATH 150	Calculus I	3	no
NUTR 101	Seminar in Dietetics	1	no
NUTR 211	Nutrition Through the Life Cycle	2	no
NUTR 212	Nutritional Science (majors)	4	yes
NUTR 213	Introductory Foods	4	yes

Upper-Division Courses: 37-40 units

BIOL 420	Microbiology	4	yes
CHEM 310	Organic Chemistry	4	yes
CHEM 330	Biochemistry	4	yes
MATH 317	Biostatistics	3	no
MATH 317	Statistics and Research Methods	1	yes
NUTR 301	Advanced Seminar in Dietetics	1	no
NUTR 310	Principles of Nutrition	4	no
NUTR 313	Foodservice Systems Management	4	yes
NUTR 360	Therapeutic Nutrition for Individuals	3	yes
NUTR 440	Public Health Nutrition	4	yes
NUTR 460	Therapeutic Nutrition for Populations	4	yes
NUTR 499	Senior Capstone	1-4	no

Freshman-Year Program

The Nutritional Science major should enroll in the general education program and include NUTR 101, NUTR 211, NUTR 212, NUTR 213, MATH 150, BIOL 211, CHEM 120, and CHEM 121 in the freshman year.

International Programs

Nutritional Science students wishing to participate in the international programs are advised to do so during the summer term; although, if you are interested in the year long international programs consult with Dr. Kim or Dr. Helm and they will appropriately advise you of an alternate academic plan. The curriculum can be designed to allow for an IP experience during the academic year.

2. Student and Professional Organizations

Student Dietetic Association

A Student Dietetic Association exists at Pepperdine for undergraduate Nutritional Science majors to become involved in an organization for those entering the Profession of Dietetics. Students are encouraged to join and become involved in the meetings (meet in AC 224) and activities run by the student organization.

Academy of Nutrition and Dietetics – Student Membership

Students are encouraged to become student members of the Academy of Nutrition and Dietetics.

The following information is from the AND website: www.eatright.org/students/join

Visit the website for the applications and additional information.

Joining the Academy of Nutrition and Dietetics, the world's leading organization of food and health professionals, will enable you to enhance your educational preparation and gain access to a wealth of career building resources.

3. DPD Verification Statement

A DPD verification statement formally signifies that you have met all knowledge requirements required by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) making you eligible to apply for Supervised Practice Programs (Dietetic Internships).

In order to receive a Verification Statement you must complete all the courses as stated in Section 3- Academic Requirements. Upon completion the DPD Director, Dr. Susan Helm, RDN, will issue a Verification Statement within 30 days of your graduation.

Section 4 – Post Baccalaureate considerations

1. What is a Registered Dietitian Nutritionist (RDN)?

A Registered Dietitian Nutritionist is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential "RDN." The majority of RDNs work in the treatment and prevention of disease (administering medical nutrition therapy, often part of medical teams), in hospitals, HMOs, private practice or other health-care facilities. In addition, a large number of RDNs work in community and public health settings and academia and research. A growing number of RDNs work in the food and nutrition industry, in business, journalism, sports nutrition, and corporate wellness programs.

2. Post Graduate options

A. Supervised Practice Programs (Dietetic Internships)

In order to become the a Registered Dietitian Nutritionist (RDN) three required components must be completed:

1. ACEND approved academic coursework; this is completed on the DPD track at Pepperdine University.
2. A supervised practice experience through a ACEND accredited Supervised Practice Program or a ACEND accredited Coordinated Program (CP).
3. Passing the Registration Examination for Dietitians.

Students successfully completing the DPD program qualify for application to admission into an accredited Supervised Practice program. Completion of either a Supervised Practice program or CP program is required to become eligible to take the Registration Examination for Dietitians and to become a RDN. Accredited Supervised Practice programs are available across the United States.

To apply to a Supervised Practice Program, individuals must complete at least a bachelor's degree and ACEND-accredited coursework requirements (Didactic Program in Dietetics). Currently all Supervised Practice Programs must provide at least 1200 hours of supervised practice. This is usually completed in 12-24 months depending on the availability of a part-time schedule or requirement of graduate credit. Individuals completing the program who are verified by the program director are eligible to write the CDR registration examination for dietitians. Appointments to Supervised Practice Programs are awarded on a competitive basis and most use a national computer matching process. Programs not participating in computer matching accept applications only from individuals employed by the sponsoring organization. Prospective applicants must contact program directors for current information, including application deadline dates. Programs will provide application forms and detailed information on program requirements, tuition, and financial aid upon request. (www.eatright.org) Applicants should look into various programs as each have their own emphasis. To find out more about accredited programs visit: www.eatright.org/students/education/dpd

B. Computer Matching for the Supervised Practice Programs

Questions and Answers about Computer Matching for Supervised Practice Programs.

(www.dnndigital.com/ada/questions.php)

What does the computer matching program do?

A matching program serves as a clearinghouse to help applicants obtain a supervised practice positions from their choices and to help Supervised Practice Programs obtain applicants from their choices. It eliminates unfair pressures and premature decisions in appointments by programs and acceptance or rejection of appointments by applicants. The AND has contracted with D&D Digital to facilitate the computer matching process.

Who screens applications and decides which candidates are acceptable to a particular program?

Each Supervised Practice program screens their own applications and submits a priority listing of acceptable applicants to D&D Digital, along with the number of openings to be filled by the matching process.

Computer matching does not change the program's or applicant's selection process. A program will not be matched to an applicant whose name does not appear on the program's priority listing. An applicant will not be matched to a program whose name does not appear on the applicant's priority listing.

Will the applicants or programs know how they have been ranked by the other?

No. All information submitted to D&D Digital is kept confidential. Each applicant is given the final result of their matching. Each program is provided with the names of their matched applicants. Programs and applicants are not told by D&D Digital how they were ranked by each other.

What do I need to do to be considered for an appointment to a Supervised Practice Program ?

There are two components.

First, you must request and complete an application from each Supervised Practice Program for which you seek admission.

Second, you must register online at the D&D Digital website **or** download, print, and submit a Preference and Release Sheet from the D&D Digital website **on or before** the appropriate Spring or Fall submission deadline. Programs that do not participate in the matching process accept applications only from students employed by the sponsoring institution. These applicants should not be participating in computer matching.

Can I apply to both the full-time and part-time option of the same Supervised Practice program?

Yes. Supervised Practice programs with both full and part-time options may have two computer matching codes, one for each option. Applicants must apply to and rank both full-time and part-time options to be considered for both options in the matching process.

Is there a limit to the number of programs that one can apply to and rank for computer matching?

No. However, you must submit an application to each program, and rank each program in your Internship choices for matching at D&D Digital.

What process is used for the matching?

The matching process matches program's highest possible ranked applicants with applicant's highest possible ranked programs until all possible matches are completed.

If I register for the computerized match process, but change my plans, how should this be handled?

Prior to the withdraw deadline, you must notify D&D Digital in writing or by FAX of your decision to withdraw from the matching process. Applicant withdraw deadline dates can be found on the Spring and Fall Timeline links. The matching process fee will not be refunded.

Do some applicants receive matches to more than one Supervised Practice Program?

No. Applicants are provided at most one match, the highest possible priority internship choice on their list for which a program match occurs.

What happens if I do not receive a match?

Supervised Practice Programs with Openings that chose to have their name released will appear on D&D Digital website links, beginning on dates shown on links for Spring and Fall Timelines. Applicants who did not match and Supervised Practice program Directors with openings may contact each other. Your Didactic Program Advisor can be helpful in evaluating this information and exploring options.

What does releasing my matching results mean?

Choosing to give permission to D & D Digital to release your matching results means, if a match occurs, your name will be included in a list that is sent to all AND Dietetic Internships and Didactic Programs. If no match occurs, your name, address, email address and college or university where your verification statement was or will be granted will be included on another list that the programs also receive. If a program has a vacancy they can then make contact with any unmatched applicants.

Should I release my results if I cannot relocate?

Yes. If you do not match and a vacancy occurs in a program in your area, this is the only way Supervised Practice Program Directors and Didactic Program Directors will know of your possible availability.

Can I reorder my Supervised Practice Program priority rankings after the registration deadline?

Yes, but only during a specified time period following the registration deadline. However, no additional internships can be added to their list after the registration deadline. Use the Timeline Link to find the beginning and ending dates to reorder your priorities.

If I do not receive a match, does my registration automatically move forward to the next Fall or Spring matching period?

No. A new registration is required for each Spring and Fall matching period.

For a timeline of submission for your materials please visit: (www.dnndigital.com)

C. A four year plan to consider for success in your DPD program and for developing a strong academic career.

Freshman year

Your academics are the main focus for your first year. Achieving quality grades that go towards your overall GPA is important as well as a strong understanding of your course work. During your first year you should get to know the faculty and other nutrition students to build relationships during your DPD program. This would also be the time to become involved in the Student Dietetic Association (SDA) on campus at Pepperdine as well as the Student Membership of the Academy of Nutrition and Dietetics (AND). If you take Nutrition 101 this year you will begin the process of building your professional presence by establishing a LinkedIn account. Begin to think about an area you would like to obtain work experience in either a volunteer or paid position. Your summer after your first year would be a good opportunity to pursue work experience.

Sophomore

The focus remains on building your foundation of nutrition knowledge. Be involved with extracurricular activities and gain work and volunteer experience. Continue to foster relationships with your faculty, stop by their office, or ask them for. Seek opportunities for leadership roles in clubs, organization, or community service projects. You may also consider internship opportunities to gain experience and build your resume. Attend local professional meetings to build professional relationships in your community.

Junior

Continue to focus on integration of acquired knowledge and grades, building your resume, and expanding your LinkedIn. Research areas you will consider for your post baccalaureate career, specific DI and graduate programs. If needed, prepare to take GRE the summer after your junior year.

Senior

Schedule meeting with DPD Program Director, Dr. Susan Helm, RDN, at the beginning of the semester to discuss applications to Supervised Practice Programs and/or Graduate or Professional programs. Continue to focus on integration, synthesis and application of nutrition knowledge in courses, maintaining good grades, building your resume, and expanding your professional presence on LinkedIn. If considering employment rather than a Supervised Practice Programs, Graduate or Professional School, then make an appointment with the Career Center and also with Dr. Susan Helm, RD to discuss the range of possibilities post graduation.

Apply for Supervised Practice (SP) programs by deadlines (visit eatright.org):

Fall Match: SP application deadline – September (Students apply in September, match in November, & start SP in January, February, or March).

Spring Match: SP application deadline – February (Students apply in February, match in April, & start SP in July, August or September).

D. Graduate Programs

Students wishing to pursue academics with a graduate degree may do so after completion of their baccalaureate degree. Graduate Programs will require the student to take the Graduate Record Examination (GRE). This should be taken prior to your senior year of academics.

For a list of graduate programs in nutrition see: www.nutrition.org/education-and-professional-development/graduate-program-directory/

Most graduate programs have a deadline of November 1st, however they will vary, so be sure to know all your deadlines in advance to allow time to collect your letters of recommendation, transcripts and test scores.

E. Careers

There are wide and varied opportunities for registered dietitians in the workplace. Some of the more common careers are as follows:

- * the treatment and prevention of disease (administering therapeutic nutrition using the Nutrition Care Process, often part of medical teams)
- * in hospitals, HMOs, private practice or other health-care facilities
- * in community and public health settings
- * in academia and research
- * in the food and nutrition industry
- * in business as consultants or entrepreneurial areas
- * in journalism as writers of books or contributors to magazines
- * in Sports Nutrition working with individuals and sports teams and
- * in corporate wellness programs

Dietetics and Nutritional Science are exciting areas with growing areas of career opportunities. Be sure to make an appointment along your academic journey. Our DPD faculty are here to support you and your future dreams!