

# **UW- Green Bay Dietetic Internship**

2017-18



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**GREEN BAY**

# Welcome!

“A journey is best measured in friends rather than miles.” - *Tim Cahill*



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You have stumbled across  
a hidden gem of an internship!



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# Open House Agenda

- ✓ Program Details
- ✓ Rotations
- ✓ Meet the Preceptors
- ✓ Friday Classes
- ✓ Our Leadership Emphasis
- ✓ Our Program Prepares You
- ✓ Acceptance into Program
- ✓ Program Costs
- ✓ Fun & Entertainment
- ✓ Personal Interviews



# UWGB DI Program Details

**Emphasis** Leadership

**Length** 37 weeks, May graduation

**Hours** Full-time

- 1200 supervised practice hours
- 32 hours/week of rotations  
(may vary by location, but expect 8-hour days)
- 6-8 hours/week of class (may vary)

**Rotations** MNT, community, food service, & open rotations

**Friday Class** Online, on UWGB campus, or at a different location in the Greater Green Bay area

**Breaks** Two weeks of vacation

No rotation or class on Thanksgiving, Christmas, New Year's, & Easter.

Additional breaks may be granted if intern is qualified for Prior Assessed Learning (PAL).



# Rotations

**Orientation:** 2 weeks

**Community and Wellness:** 6 weeks

**WIC:** 3 weeks

**Hospital Food Service:** 4 weeks

**School Food Service:** 4 weeks

**Outpatient:** 2 weeks

**Long-Term Care:** 3 weeks

**MNT:** 8 weeks

**MNT Relief:** 1 week

**Open Rotation:** 2 weeks

**RD Prep:** 1 week



# Locations of Rotations

Rotations are spread throughout the state.

May have to drive up to 150 miles to locations at some point.

Having your own car is essential!



# Meet the Preceptors!



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# Friday Classes

**Time?** 9 am – 3 pm, typically

**Where?** Half of classes are online & half are on the UWGB campus or at various locations.



## What do we do in Friday classes?

- ☐ Check-ins
- ☐ Leadership Training
- ☐ Team Building Activities
- ☐ MNT Reviews
- ☐ Journal Club
- ☐ Malnutrition & Nutrition-Focused Physical Exam Training
- ☐ Guest Lectures
- ☐ Farm Tours
- ☐ Leadership Project Planning
- ☐ RD Prep



# Leadership Emphasis

Leadership skills are essential everywhere!



## Competencies

1. Plan and organize
2. Delegate work
3. Supervise
4. Lead
5. Solve problems

## Leadership Training & Project Management

1. Cooking Demonstrations
2. Grocery Store Tours
3. Conferences
4. Open House
5. Other Community Projects



# Team Building



“Ages and Stages” Training  
Low Ropes Course  
Field Trips  
Leadership Projects



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# Our Program Prepares You!

UWGB's DI program has a 5-year first-time pass rate of **96.7%** and **100%** on the RDN exam.



Past UWGB interns have found jobs as RDs in numerous clinical, community, foodservice, & wellness facilities all over the state and country!



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# Acceptance into Our Program

To apply for the UWGB Dietetic Internship you **must** meet the following requirements:

- ✓ **Baccalaureate or Masters degree** from an accredited college or university with **verification of completion** of an ACEND accredited Didactic Program in Nutrition and Dietetics
- ✓ Minimum cumulative grade point average of **3.0** and 3.0 for professional courses (4.0 basis)
- ✓ Good written and verbal communication skills in English; a Test of English as a Foreign Language (TOEFL) score of 550 or better (International students only)



# Acceptance into Our Program

## Preferred Qualifications

- ☑ Demonstrated ability (as evidenced by the letters of recommendations & personal letter):
  1. to work effectively as a member of a team, as well as **team leader**
  2. to be a self-directed and independent **learner**
  3. to be flexible and **enthusiastic**
- ☑ Work and/or volunteer experience related to health care, community and/or food service encouraged
- ☑ GRE (not required at present but strongly recommended for all applicants); Upload as supplemental document on DICAS.



# ISPP Program Eligibility

- ✓ Must apply for traditional internship in the same year
- ✓ Must be a graduate from a University of Wisconsin Schools ACEND accredited program
- ✓ Must plan to complete your internship in WI.
- ✓ Must plan to live within a reasonable driving distance from UWGB
- ✓ Preferred qualification: have 500 hours of work or volunteer experience in MNT, food service, and/or community nutrition (not mandatory)

The UWGB Dietetic Internship  
takes up to **six** ISPP interns annually.



# What Makes a Competitive Applicant?

- Strong letters of recommendations reflecting **leadership skills** and **learning enthusiasm**
- **Passionate** and **personal** letter that is proofread!
- **Relevant** experience (work, leadership, educational, volunteer, extracurricular)
- Additional certifications (personal trainer, chef, DTR, CNA)
- GRE is not required, but is highly recommended.





# Application and Program Fees

**\$40** Fee for first application submitted to DICAS  
(\$20 each additional application)

**\$60** Program application fee (non-refundable)  
paid directly to UW-Green Bay

**\$8,663** Program fee (A \$1000 non-refundable deposit is due upon acceptance. The remaining balance, \$7663, is due approximately two weeks prior to start of internship.)



# Housing & Additional Costs

<b>\$450-650/month*</b>	Housing
<b>Varies</b>	Food and transportation
<b>\$400 (estimate)</b>	Books and supplies
<b>\$50</b>	Academy of Nutrition and Dietetics Student Membership
<b>\$25</b>	Background check
<b>Varies</b>	CPR Certification
<b>\$25*</b>	Liability insurance
<b>\$35*</b>	10 panel drug test
<b>Varies</b>	Physical exam and immunizations

\*Approximate cost (may vary by intern,  
depending on various factors)



# Financial Assistance

## Financial Tips

- ✓ Save prior to the internship
- ✓ Loans (private, bank, ALT)
- ✓ Income-adjusted payment options for repaying student loans
- ✓ Scholarships  
<http://www.uwgb.edu/scholarships/helpful-links/>

**Support is key!**



# Working During the Internship

It **IS** possible!

- ✓ Less financial stress
- ✓ Improves time management & organization

## Considerations

- ✓ Less personal time
- ✓ Stress
- ✓ Important that employer is flexible
- ✓ Weekend hours tend to be best

**Support is key!**





# Fun & Entertainment



## Green Bay

## Appleton

## Fond du Lac

## Oshkosh

### Entertainment

Weidner Center,  
Resch Center,  
Meyer Theater

Fox Cities  
Performing Arts  
Center,  
Museums,  
Badger Sports Park

Windhover Center  
for the Arts

EAA Airventure  
Museum

### Outdoors

Arboretum Trail,  
Bay Beach  
Amusement Park,  
Bay Beach  
Wildlife  
Sanctuary, NEW  
Zoo

High Cliff State  
Park, Bulbolz  
Nature Preserve,  
Plamann Park

Mascoutin Valley  
State Trails,  
Glacier Ridge,  
Animal Farm

Menominee Park  
& Zoo,  
Winnebago  
County  
Community Park

### Sports

Kress Events  
Center,  
Lambeau Field

Fox Cities Stadium,  
Appleton Ice Center

Blueline Hockey  
Ice Arena

### Shopping

Bay Park Square  
Mall

Fox River Mall

Forest Mall,  
Kristmas Kringle  
Shoppe

Outlet Shoppes  
at Oshkosh



# Fun & Entertainment



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# Meet Our Director, Laura!

"Like all of us, Laura has a million things going on in life, but she never let's us see that. She would drop everything she's doing **to help us in a moment of need**. She always makes me feel like I'm a top priority and that my needs matter."

*Sam Ahrens, 2016-17 Dietetic Intern*

"The best part of having Laura as the director is that **she wants us to succeed**, and her words and actions prove that."

*Marissa Jahnke, 2016-17 Dietetic Intern*

"Laura's **attentiveness** is amazing! She shows the worth of each and every person she talks to by giving them her undivided attention."

*Kelli Sandhoefner, 2016-17 Dietetic Intern*

"Laura's **energy and enthusiasm** keeps me going and is so refreshing among all the stress and hecticness of the internship. Her **thoughtfulness** of each and every intern is something I find so unique. Finding a mentor and friend so kind and willing to drop everything to help you out is so rare! She is a wonderful Director."

*Caela Stenske, 2016-17 Dietetic Intern*



# Meet Current Interns!



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# Advice from Current Interns



- ✓ Organize & prioritize
- ✓ Stress management
- ✓ Build your resume
- ✓ Save money
- ✓ Be confident, but also have a Plan B



# Advice from Preceptors



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# Advice from Our Director, Laura!



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# 2017 DICAS Deadlines

- February 15<sup>th</sup>** Deadline for online registration of computer matching 11:59 CST
- March 20<sup>th</sup>** Applicants may re-order their list of dietetic internships online.
- March 28<sup>th</sup>** Deadline for withdrawing, and deadline for online re-ordering is 11:59 pm CST.
- April 2<sup>nd</sup>** Notification Day, beginning 6:00 pm CST
- April 3<sup>rd</sup>** Appointment Day: matched applicants must contact the dietetic internship by telephone, FAX, or email on or before 6:00 pm (time zone of the program) to confirm the acceptance of the match.



“The journey of a thousand miles  
begins with one step.”

- Lao Tzu



We wish you all the best in your application  
process and wish to see you join us as  
future *leaders* and successful dietitians!



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# Thank You!

Join us for our  
***Live Online Q & A***

December 16, 6-8pm CST

**<http://bit.ly/2fSkEcq>**

For more information on the UWGB Dietetic Internship, go to  
**<http://www.uwgb.edu/human-biology/dietetics/open-house/>**



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