



Food Science and Nutrition

Instructions for the application process for the Certificate in Dietetics Option.

The following must be included with this application (Missing documents will result in an incomplete application):

1. Statement of Professional Goals
 2. Minimum of 240 hours of documented work or volunteer experience in dietetics and nutrition
 3. Cumulative collegiate GPA
 4. Current course outline
- All applications and supporting documents must be turned in to Andrea Magdaleno in the Food Science and Nutrition department office (FFS 111) by the last day of INSTRUCTION of spring semester.
 - If your application is not turned in by the deadline or is incomplete, it may not be considered. Extenuating circumstances will be considered on an individual basis.
 - Please enroll in NUTR 156, NUTR 175 and FSM 133 for the upcoming fall semester.
 - Upon approval of your application, you will remain enrolled in the aforementioned courses. If your application is not approved you will be automatically dropped from these courses.
 - If your application is denied you may be eligible to apply again the following year. If you have any questions or concerns regarding the outcome of your application, please see Dr. Herzig.

If you have any questions regarding the application process, please contact Andrea Magdaleno at amagdaleno@csufresno.edu, or 278-2164.

All applications and supporting documents must be typed, not handwritten. The only exception to this is the work/volunteer log.

You are required to fulfill the following criteria prior to being accepted into the Certificate in Dietetics Option. Please see below:

Step 1: Provide all official transcripts from all colleges and universities. Please have them sent directly to Dr. Lisa Herzig. This must be included with your application. Your overall cumulative GPA must be a 3.0 or better.

Step 2: Documentation of all hours of dietetics and nutrition related work and volunteer hours. You must have a variety of documented hours and responsibilities that represent all three areas of nutrition and dietetics: 1) community, 2) clinical, and 3) food service management.

Please see page 5 for documentation form – additional material may be submitted. Acceptance of hours will be determined by the Certificate in Dietetics Option Acceptance Committee.

This includes:

- a. Letters of recommendation documenting dates, hours and responsibilities.
- b. Signed letters from supervisor(s) documenting dates, hours and responsibilities.
- c. Talled sheet documenting dates, hours and responsibilities.
- d. Handouts, flyers, and brochures that complement volunteer and work experience that also includes the dates, hours and responsibilities.

Step 3: Statement of personal goals. **See rubric on page 6.** The student must receive a minimum of 35 points out of **40** to be accepted.

What is a statement of personal goals?

A personal statement, also known as a “statement of purpose” “goals statement” or “admissions essay” serves to:

- Demonstrate your writing ability on a more personal level for your application into a graduate program, internship program or advanced studies.
- Discuss your personal, career, and educational goals or answer a general question posed by the graduate program, internship program or advanced studies admission committee.
- Gauge your critical and analytical thinking as well as your writing, editing skills, and general reasoning skills and your ability to reflect on your education and work experience.
- Provide insight into who you are which helps to determine if you would be a good fit into a specific graduate program, internship program or advanced studies.

Some do’s for personal statement of goals:

- Be sure to answer the essay question; don’t stray too far off the topic.
- Show, don’t tell.
- Demonstrate, with specific examples, your interest in an internship program.

- Incubate or think about your first draft for a few days.
- Revise and proofread many times.
- Show your essay to family members, your English teacher, writing center, friends, DPD director.
- Use a genuine voice.
- Share any challenges or obstacles that may have impacted your academic performance.
- Be your own advocate. Take risks when writing your personal statements, but not too far.
- Be yourself and have fun.

Some don'ts for personal statement of goals:

- Don't discuss something that is too controversial.
- Avoid clichés.
- Don't name the wrong internship in your essay. If you are applying to the Fresno State, don't say, ". . . and I really want to attend the CSU, Pomona because . . ." This mistake can cost you dearly, so be very careful when proofreading your essay.
- Don't use gimmicks, sending gifts or other things with your essay.
- Don't tell a story or focus on other people too much.
- Don't repeat what's in the rest of your application.
- Don't hire anyone to write your essay.
- Don't use a thesaurus, and avoid big words unless you really use them and you know what they mean.

Quick tips for personal statements of goals:

- This statement is a **very important** part of the application and is a reflection of your individuality. If written well, the personal statement can clearly and concisely reveal who you are and why you may be the "best" choice for their program.
- Be sure to highlight your achievements and leadership roles.
- Emphasize supervisory experience whether or not it is directly related to dietetics.
- Discuss **career** goals/**career** interests you would like to pursue (not "personal" goals").
- State why you are interested in a specific program and what you hope to gain by attending the program.
- Be concise in your statement and get to the point.
- Perfect the statement. Extract all unnecessary or superfluous language. This will show that you give great attention to detail which a DI program will appreciate!
- Take the time to proofread for grammar and spelling. No typos!
- Be sincere.
- Enthusiasm and eagerness can set you apart. Make it memorable!

Format for documentation of nutrition and dietetics related volunteer and work experience. Please make copies as needed.

| Title of Organization | Dates | Hours worked | Responsibilities | Community (COM) Clinical (CLN) Food Service Management (FSM) | How it relates to Nutrition and Dietetics | Name and signature of supervisor | Applicants signature |
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Personal Statement of Goals Evaluation Rubric (total points available – 40)

| | Clear, specific, experience based, well addressed with excellent written skills displayed 4- 5 points | General, not specific or experience based but good written skills displayed 2-3 points | Area not addressed, poor written skills displayed (errors in spelling, grammar.) 0-1 points |
|---|--|---|--|
| Why do you want to enter the dietetics profession | | | |
| Describe how your accomplishments and contributions demonstrate your ability to set goals for yourself, work independently, manage multiple responsibilities, and bring assignments/projects to closure | | | |
| Describe how your accomplishments and contributions demonstrate your ability to use effective oral and written communication skills | | | |
| Describe how your accomplishments and contributions demonstrate your ability to apply theory or knowledge to practice | | | |
| Describe how your accomplishments and contributions demonstrate your ability to participate in a team effort | | | |
| Describe how your accomplishments and contributions demonstrate your ability to use constructive criticism for self- improvement | | | |
| Describe how your accomplishments and contributions demonstrate your ability to organize and motivate others to achieve goals | | | |
| Summarizes professional and educational goals following internship and describes how completing a dietetic internship will help achieve these goals | | | |
| Sub Totals | | | |

Total points awarded for personal statement _____/40

Signature of evaluator: _____ Date of completion: _____

