Integrated Dietetic Internship
Student Information Session – Fall 2013
OVERVIEW

• What is Dietetic Internship?
  – Purpose
  – Types
  – The Experience

• About the Integrated Dietetic Internship
  – Courses
  – Student Requirements
  • Costs
  • Relocation
  • Public Health and Criminal Records Checks
Becoming a Registered Dietitian
To become a Registered Dietitian you need to:

- Complete an approved program of academic study
  - E.g. NU FS Program (NUTR Major)
  - **Purpose:** Provides foundational knowledge of nutrition and foods

- Complete an approved internship
  - **Purpose:** Provides new practitioners with the skills needed to enter the health workforce

- Pass the Canadian Dietetics Registration Examination
  - Written after completion of an internship
  - **Purpose:** Verifies readiness to enter professional practice as a dietitian.
WHAT IS INTERNSHIP?

Internship is:

A rigorous professional practice training program

- Career training program **NOT** a career exploration program
  - We provide training to interns who have already thoroughly explored the dietetic profession and who are actively pursuing careers in dietetics rather than students who want an experience designed to help them make a career choice.

- A way to obtain the practical skills and workplace knowledge (competencies) required to function as a Registered Dietitian

- A vehicle to move interns from the familiar role of “student” to the new role of a practicing “health care professional.”
Internship is **NOT** the place to find out if you want to become a Registered Dietitian!

It is the place where people who have already decided that they want to become a Registered Dietitian obtain their professional training!

It’s important that you understand what you are embarking on **BEFORE** you apply for an internship position.
**INTERNSHIP OPTIONS**

- **Integrated Dietetic Internship**
  - The only approved training program for dietitians in Alberta.

- **Post-Graduate Dietetic Internship**
  - There are NO post-graduate dietetic internship programs located in Alberta.
  - Post-graduate programs are located in Manitoba, Ontario, and the Maritimes
  - **Be aware**: The number of post-graduate positions is very limited and all students from across Canada may apply for these positions.
WHAT DO YOU DO IN INTERNSHIP?

- You learn the skills and knowledge required to practice as a dietitian.
- Interns are placed in health care and other facilities and work alongside Registered Dietitians and other professionals to:
  - Provide nutrition care and counselling to patients and clients
  - Develop, implement and evaluation population health/community nutrition programming
  - Lead and manage foodservice systems and other business operations
About the University of Alberta Integrated Dietetic Internship
PROGRAM INFORMATION

- **Largest dietetic training program in Canada**
  - 50 interns per year accepted
  - 75 students in progress at any one time
  - Only approved dietetic training program in Alberta

- **5 Professional Practice Courses**
  - NUTR 466 – Introduction to Dietetic Practice
  - NUTR 469 – Introduction to Professional Practice in Clinical Nutrition
  - NUTR 470 – Professional Practice in Community Nutrition
  - NUTR 471 – Professional Practice in Foodservice Management
  - NUTR 472 – Professional Practice in Clinical Nutrition

- **44 weeks in duration**
RELOCATION REQUIREMENT

• ALL interns are **required** to relocate to sites across the province to complete their professional practice placements.
  • Interns may be asked to relocate *on more than one occasion* during their internship

• The Internship reserves the right to place interns at locations and with preceptors of our choosing in order to best facilitate meaningful learning experiences.
IMPORTANT

• **We do not guarantee placements in any location**
  – Edmonton, Calgary, or any where else

• **We place students in all part of Alberta to maximize student learning**
  – Interns must develop an understanding of the differences in health care between rural and urban settings
  – We work closely with Alberta Health Services to arrange placements and they wish to use their entire capacity (rural + urban)
FEES AND OTHER COSTS

- Interns are NOT paid
  - This is an internship NOT a co-op program

- Interns must register in practicum courses and pay fees to the U of A
  - Miscellaneous Fees
    - See U of A Calendar for amounts
  - Tuition
    - $1

- IMPORTANT: Students are responsible for all costs associated with practicum experiences
FEES AND OTHER COSTS

- Cost of practicum may include:
  - Relocation: Travel, meals, accommodations
  - Uniforms (if necessary)
  - Criminal Records Check
  - Medical Checks and Vaccinations
  - Books and other learning resources

- Student financing options are available to interns when enrolled in practicum courses that 12 or more weeks in duration.

- Student enrolled solely in Internship practicum courses are eligible for student loan funding and student lines of credit.
PUBLIC HEALTH/CRIMINAL RECORDS CHECKS

ALL interns are required to:
- Sign binding confidentiality agreements
- Participate in N-95 Mask Fit Testing
- Present evidence of up-to-date vaccinations
  - University Health Centre
- Present a clear Criminal Records/Police Check
  - Edmonton Police Service
  - Local RCMP Detachment or municipal police service
APPLYING FOR AN INTERNSHIP POSITION
WHO CAN APPLY?

- **Eligibility:**
  - Undergraduate students
  - Graduate students
  - Post-graduate applicants

- **Competitive selection process**
  - Preference given to:
    - Alberta Residents (See Section 13.2 of the U of A Calendar)
    - Current U of A undergraduate students (NUTR major)
GENERAL ELIGIBILITY REQUIREMENTS

- All applicants must:
  - Be eligible to work in Canada
  - Be eligible for registration at the University of Alberta as an undergraduate, graduate, or special student;
  - Present with a cumulative GPA of at least 3.0 on the last 30 credits that the applicant has completed;
  - Meet a spoken English requirement (Test of Spoken English).
  - Have completed, or be in the process of completing, pre-requisite courses (or equivalent from a recognized post-secondary institution)
COURSE REQUIREMENTS – SPRING 2014 SELECTION

- To apply to the Spring 2014 Selection Round, by April 30th, 2014, you must have *successfully* completed:
  - NUTR 468
  - NU FS 223
  - NU FS 372 or 373
  - NU FS 374
  - NU FS 377 or NU FS 461
  - You must have completed at least one of these two courses to be eligible to apply
APPLICATION DEADLINE – SPRING 2014

All applications for our Spring 2014 Selection Round are due to Nicole Smith (Room 4-08 Ag/For Centre) by:

Monday, February 24th, 2014

4:30 p.m. Sharp

Late or incomplete application packages will NOT be accepted
The Internship Application and Selection Process
OVERVIEW - SELECTION PROCESS

1. Submission of application package
2. Review of each application package by the Internship’s Selection Committee
3. Reference checks
4. Multiple Mini (Behavioural) Interview and Writing Sample
5. Ranking of applicants and selection of interns
# APPLICATION PACKAGE

1. Application Form  
2. Cover Letter  
3. Resume  
4. Letter of Intent  
5. Professional Reference (3)  
6. Transcripts
APPLICATION PACKAGE

- Read the instructions carefully and follow them carefully:
  - E.g. Letter of Intent
  - Do not submit a generic cover letter or letter of intent.

- Incomplete or improperly constructed packages and/or documents will not be considered.
You must submit:

- a one (1) page cover letter in business format describing how you will contribute to the internship given your existing skills and past experiences.
- a two (2) page (maximum) *chronological* resume that describes the applicant’s career objective, education, dietetics related work experience, other relevant work, and volunteer experience with a Registered Dietitian.
LETTER OF INTENT

- A two (2) page letter of intent in business format that responds to the question:

  - *What specific experiences have you had (and what insights have you gained from these experiences) that lead you to believe you would be a good dietitian?*
LETTERS OF REFERENCE

- The Integrated Dietetic Internship requires three (3) letters of reference:
  - One (1) from a Registered Dietitian, and
  - Two (2) from other professionals such as an employer, volunteer supervisor or professor

- Reference letters from relatives, family members, or friends will **not** be accepted.

- Choose your references carefully!
The Internship’s Selection Committee is largely concerned with the quality, not the quantity of experiences with a Registered Dietitian.

- We need to know that you fully understand what you are getting into!

Applicants are required to present one (1) RD reference only.

- Applicants may present more than one RD reference.
- This is not required and is not a guarantee of a higher ranking in the selection process.
MULTIPLE MINI-INTERVIEW

- Series of one-on-one mini interviews (10 min each)
- Recognizes that your current performance is a reliable predictor of your future performance.
  - How you carry yourself in the interview tells us how you will likely carry yourself in the Internship if you are selected
- We evaluate each applicant’s competency in the areas of:
  - critical thinking
  - ethical/moral decision making
  - self-evaluation/insight into self
  - Communication (oral and written)
  - cultural sensitivity
  - empathy
WRITING SAMPLE

- Interns must be able to demonstrate their written English fluency by providing an “on-the-spot” writing sample.

- Applicants are provided with information on the theme and the format for the writing sample on the day of the interviews.
Acceptance into the Integrated Dietetic Internship
NOTIFICATION AND DEBRIEFING

- Applicants are notified of the Selection Committee’s decision within one week (7 days) of the Behavioural Interview.

- Applicants who are NOT accepted into the Internship have the opportunity to meet with program staff to obtain feedback on their application or interview experience.

- **Remember:** We use a competitive selection process. Not all applicants will necessarily receive an interview invitation or an internship position.
CONDITIONAL ACCEPTANCE

- Applicants are accepted into the Internship on a conditional basis.
  - You must pass all of the pre-requisite courses in order to move into NUTR 466.
  - In order to move into placement interns must:
    - obtain a grade of “CR” in NUTR 466 in order to move into placement
    - agree to a number of conditions of the internship
    - E.g. Relocation, agreement with policies and procedures and more.
QUESTIONS?
CONTACT

If you have ANY questions, please contact:

Debbie Pietsch, RD
Internship Coordinator
University of Alberta Integrated Dietetic Internship

E-mail: pietsch@ualberta.ca

IMPORTANT:
We urge students to bring questions to the Internship Team.
Do NOT rely on other students for the most reliable information on Internship – they may not have it!
INFORMATION ON-LINE

Information on the Internship
Go to: http://www.ales.ualberta.ca/afns/Dietetic.cfm