

## 4 Years to Career Success Nutrition Science

### First Year

- Explore your career goals, interests, values and skills. Write them down and discuss with your advisor, a faculty member, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#) to formulate your career plan.
- Consider conducting [job shadows](#) or [informational interviews](#) with professional in your chosen profession.
- Find out your Top 5 myStrengths results by attending a [Strengths 101 workshop](#). Identify your top strengths and how you can use them in your college and career success planning.
- Actively participate in learning community events and join [student organizations](#) related to your area of interest.
- Utilize the [Center for Career Opportunities, or CCO](#), to create an updated resume adding your college experiences [using UPKEY](#) and ask the CCO for personalized feedback.
- Upload new resume into [myCCO account](#) and [create job search alerts](#).
- Create [your LinkedIn profile to build a professional social media presence](#) for the rest of your career. Ask the CCO to review and provide feedback during a drop in.
- Be mindful of your social media presence as a young professional seeking to enter the field. Use [Diligence Lab](#) to assess your current social media presence.
- Get to know your professors (they can be mentors, advisors, future recommendation letter-writers) by actively participating in class and using office hours to ask questions to learn more or better understand challenging concepts, especially NUTR 10500, 10600, and 10700.
- Identify your learning style and adjust accordingly as you transition to college courses. What are your study habits? What strategies help you learn best? Visit the [Academic Success Center](#) for tips to studying smarter with resources like workshops, supplemental instruction, and peer coaching.
- Focus on doing well in courses, especially science and math courses, to maintain a strong college GPA. Seek out available resources like [the help centers and tutors](#).
- Develop interpersonal communications skills through student organizations, interacting with faculty member, mentors and advisors.
- Over Summer, find a job to gain [transferrable skills](#) through part-time work, volunteering, or research experiences. Seek out opportunities like summer camps and internships.
- Maintain a good standing for future background check (drug screen and criminal background) into admissions into facilities hosting professional programs.

## Second Year

- Review your [career goals](#) and re-evaluate your interests, values and skills based on courses taken and summer experiences. Again, write them down and discuss with your advisor, a faculty member, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#) to update your career plan. Identify career goals for year two and inform your academic advisor.
- Check out [study abroad](#) opportunities and discuss with your academic advisor to determine how to fit into your 4 year academic plan.
- Introduce yourself to faculty and start establishing connections in department.
- Review and update your resume adding new experiences, then ask the [Center for Career Opportunities, or CCO](#) for personalized feedback.
- Actively seek leadership roles on committees or as executive boards in [campus organizations](#)
- Learn how to practice using your strengths in a team setting by attending a [Strengths 201 workshop](#).
- Attend career fairs to gain comfort talking to professionals about your career goals, strengths and seeing what opportunities exist with employers.
- Review your GPA. Focus on doing well in courses, especially science and math courses, to maintain a strong college GPA. Seek out available resources like [the help centers and tutors](#).
- If interested in a research-oriented career, talk to faculty and consider doing research by [starting to look into HHS faculty areas of research](#) and [NUTR research](#). Contact those whose work interests you to observe the research happening in their lab or clinic.
- For the summer, secure work experience related to your field, consider summer camps, internships, or research.
- Begin to think about graduate school, discuss options with faculty and advisors. Explore continuing education scholarships and financial aid.

## Third Year

- Review your career goals. Re-evaluate your interests, values and skills based on past experiences. Discuss with your advisor, a faculty member, clinical instructor, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Update your resume with new experiences, then [use VMock](#) to analyze your resume for additional edits. Once updated, visit the CCO for personalized feedback.
- Keep building professional relationships with faculty members, instructors, and advisor.
- Continue to develop your leadership skills through actively participating in events, committees or executive board positions.
- Explore what your strengths means by attending a [Strengths 301 workshop](#) and learn how to use in your career plans.
- Create [your LinkedIn profile to build a professional social media presence](#) for the rest of your career and have the CCO review during a drop in.
- Practice enhancing your communication skills by talking about your experiences and strengths using [Big Interview](#), a virtual interviewing platform, for dietetic internship, job or graduate school /professional program interviews. Then schedule a [Peer Mock Interview](#) with the CCO.
- In Spring, attend [Purdue's Health Professions Expo](#) to speak with graduate schools/professional programs and learn admissions requirements.

### Third Year- continue

- In Spring or next Fall, consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- If planning on graduate school:
  - Begin GRE or appropriate aptitude test preparation based on plans to attend graduate school or other professional program
  - Identify schools to apply to, check application and admission requirements
  - Identify the faculty members and working professionals in the field that can write strong professional recommendation letters citing your skills and qualifications for graduate school /professional program.
  - Update your resume into a CV focused on going to graduate school/professional program when working with the [Center for Career Opportunities, or CCO](#), the [Online Writing Lab \(OWL\)](#), and then seek feedback from your faculty mentor.
- If planning on professional school:
  - Look at [online resources](#) available through the Office of Pre-Professional Advising and visit their office at least once a year to talk with a professional about your progress
  - Continue to research schools and admission requirements as they could change and vary based on programs
  - Attend the [Spring Health Programs Expo](#) to speak with schools
  - Identify schools to apply to, check application and admission requirements
  - Identify the faculty members and working professionals in the field that can write strong professional recommendation letters citing your skills and qualifications for graduate school /professional program.
  - Update your resume into a CV focused on going to graduate school/professional program when working with the [Center for Career Opportunities, or CCO](#), the [Online Writing Lab \(OWL\)](#), and then seek feedback from your faculty mentor.
- Attend events sponsored by the Nutrition Society like alumni events.
- Attend a conference or seminar related to your area of interest.
- Seek out opportunities to job shadow in field, work, or volunteer in related area.
- Explore scholarships for the coordinated program internship and through the Indiana Academy of Nutrition and Dietetics and the national Academy of Nutrition and Dietetics.

### Fourth Year

- Review your career goals. Re-evaluate your interests, values and skills based as you go into your final year based on courses and experiences. Discuss with your advisor, a faculty member, clinical instructor, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Plan to spend equivalent of semester “coursework” preparing applications in fall. Consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- Stop by a [Strengths Break](#) to chat about your Top 5 Strengths and discussing them in the next career step.
- Utilize your Strengths to write your personal statement of intent/personal statement if applying to graduate school/professional programs. Allow time to seek feedback from multiple sources: faculty member, clinical instructor, mentor, [Office of Pre-Professional Advising](#), and [Online Writing Lab \(OWL\)](#), as each will provide different insights.

**Fourth Year - continue**

- Reach out to faculty, clinical instructors, and mentors to ask for letters of recommendation at start of fall semester. Consider who has witnessed you demonstrate your preparedness for the academic rigor and aptitude required to successfully complete a graduate/professional program.
- Reflect on your top 5 Strengths and incorporate examples into your personal statement, cover letter and interview answers.
- Update [your LinkedIn profile to build a professional social media presence](#). Connect with professors, advisor, mentor, fellow students, groups, and professionals in the field to build relationships.
- Practice enhancing your skills to talk about your experiences and strengths using [Big Interview](#), a virtual interviewing platform, for job or graduate school interviews. Then schedule a [Peer Mock Interview](#).
- Update [your myCCO account](#) by uploading updated resume and setting up job search agents.
- Set up [a job search strategies appointment with a CCO career coach](#). Identify industry fields, companies, and career titles in your target area of interest. Use your LinkedIn and Purdue alumni network to build your relationships through informational interviews.
- Attend [on campus](#) and virtual career fairs to meet with employers needing candidates with your acquired skill set.
- Complete the GRE, if applicable.
- Apply to graduate schools, professional schools, or coordinated programs in Dietetics or Dietetic internships.
- Plan parallel goals if 1<sup>st</sup> goal is not met or consider taking a year to develop more professional skills to be more competitive when applying.
- Evaluate your criteria and self-nominate for department honors/awards/ recognition.