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# Cornell University Didactic Program in Dietetics (DPD) Student Handbook

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# **DIVISION OF NUTRITIONAL SCIENCES**

College of Human Ecology | College of Agriculture and Life Sciences

Cornell DPD Program

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## General Information

Cornell University offers both a [Didactic Program in Dietetics \(DPD\)](#) and supervised practice through the [Dietetic Internship \(DI\)](#). These programs are separate. Both programs may be of interest to students pursuing the Registered Dietitian Nutritionist (RD/RDN) credential.

**For the DPD at Cornell:** In addition to fulfilling the requirements for a major in the College, students may elect to complete ACEND accredited academic requirements of the Didactic Program in Dietetics (DPD). The DPD program at Cornell University is not a standalone major. The DPD program is part of the [Division of Nutritional Sciences \(DNS\) at Cornell University](#).

## Division of Nutritional Sciences (DNS) Information

### DNS Director:

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DNS Student Services Office

## ACEND Information

Dietetics education programs in [colleges and universities are accredited](#) by the Accreditation Council for Education in Nutrition and Dietetics—or ACEND. As an accrediting agency, ACEND makes sure that [students preparing for careers as RDNs](#) are getting the education they need to qualify for taking the national RDN exam.

### ACEND Contact Information:

Accreditation Council for Education in Nutrition and Dietetics (ACEND)  
Academy of Nutrition and Dietetics (The Academy)  
120 South Riverside Plaza, Suite 2190  
Chicago, IL 60606-6995  
Phone: (312) 899-4874  
Fax: (312) 899-4817  
Email: [ACEND@eatright.org](mailto:ACEND@eatright.org)  
URL: [www.eatrightpro.org/ACEND](http://www.eatrightpro.org/ACEND)

## What is a Registered Dietitian Nutritionist (RD/RDN)?

Registered Dietitian Nutritionists (RDN) are experts who address today’s complex issues surrounding foods and nutrition. RDNs are “a professional person who is a translator of the science and the art of food, nutrition and dietetics in the service of people—whether individually or in the family or large groups, healthy or sick, at all stages of the life cycle”.

Because the RDN credential is widely recognized as the designation that an individual is an expert in food and nutrition, most employers are looking for individuals with their RDN certification in their qualifications for hire. According to the [Bureau of Labor Statistics](#), employment RDNs is [projected to grow 7% from 2021-2031](#), as fast as the average for all occupations, because of the increased emphasis on the role of food and nutrition in preventing and treating diseases, a growing and aging population and public interest in nutrition.

## Career Opportunities for RDNs

Career opportunities for RDNs are incredibly diverse and new opportunities continue to arise in a variety of employment settings, including but not limited to health care, business and industry, community nutrition, public health, government agencies, and private practice.

### Below are examples of some areas where RDNs work:

- Hospitals, HMO's, or other health-care facilities
- Sports nutrition

- Corporate wellness programs
- Food and nutrition-related business and industries
- Private practice
- Community and public health settings
- Universities and medical centers
- Research
- Academia/Education

## How to Become a Registered Dietitian Nutritionist (RD/RDN)

1. **Complete a bachelor's degree and receive a DPD verification statement** from an ACEND-accredited program ([Didactic Program in Dietetics, Coordinated Program, Future Graduate Program, Foreign or International Dietitian Education Program](#))  
**\*Note, as of January 1, 2024, a graduate degree will be required to be eligible to take the Commission on Dietetic Registration.\*** See here for more information on each type of accredited program: <https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs>
2. **Complete an ACEND-accredited supervised practice dietetic internship program** or Individual Supervised Practice Pathway (ISPP). Supervised practice/experiential learning is combined with the Coordinated Program and Future Graduate Program to assist you in completing your graduate degree during the program. If you opt to do a stand-alone graduate degree, you will then need to apply to an accredited supervised practice dietetic internship after completing your graduate degree.
3. **Pass the [Commission on Dietetic Registration's Dietetic Registration Exam](#).** Once you complete your graduate degree and supervised practice, you may schedule to take CDR's Registration Examination for Registered Dietitians to become a credentialed as registered dietetics nutritionist. This is called "RDN eligibility," meaning you have completed the requirements to become eligible to take the national exam ([RDN Exam Overview](#)).
4. **Gain licensure in your state of practice, if applicable.** Many states have regulatory laws (i.e., licensure) for food and nutrition practitioners. All states accept the RDN credential for state licensure purposes ([State Licensure Information](#)).
5. **Maintain continuing education.** After successfully passing the national exam and earning the credential, RDNs maintain ongoing professional development in order to stay up to date on the latest research, recommendations and best practices ([Continuing Professional Education Requirements for RDNs](#)).

## Overview of the DPD Program at Cornell

This DPD student handbook is intended to serve as a guide for students enrolled in a degree program at Cornell University. The DPD program at Cornell provides the coursework needed to apply to graduate/DI programs to become a Registered Dietitian Nutritionist (RDN).

The Cornell DPD program is designed to meet the knowledge requirements for dietetics practice and is accredited by ACEND. Many of the required courses for the DPD program are required by the Nutritional Sciences major and may overlap with major requirements for DNS students, but any student accepted to Cornell University may apply for the DPD program.

Students typically apply to the DPD program for the fall semester of their junior year. Completion of DPD requirements is verified by the Director of the Didactic Program in Dietetics and results in a DPD Verification Statement for the student. Students in the DPD program must also complete their university, college, and major/program requirements to graduate from Cornell University. More information about the Didactic Program in Dietetic (DPD), DNS, and the majors offered in the department can be found on [the Division of Nutritional Sciences website](#).

Selecting the DPD program at Cornell University will prepare students for supervised practice programs and provide advising throughout the program to determine the best fit for each DPD student. Admission to supervised practice programs is competitive. Students with a strong GPA, relevant work/volunteer experiences, and strong letters of support often do well in placing to their top choice of programs.

The Cornell DPD currently graduates approximately 15 students per year. Of students who apply to supervised practice programs approximately 95% are accepted and placements of our graduates to dietetic internships and graduate schools are 95% and better. Graduates of the Cornell DPD Program are highly successful and well-prepared for evidence-based practice, leadership, and graduate study.

Tuition and fees for DPD students will depend on several factors, including which college you apply to, if you are a New York State resident, and if you are a visiting student. Please reach out to the [Cornell Financial Aid Office](#) to learn more about your options while at Cornell.



## **DPD Program Mission, Goals, & Objectives**

**Mission of the Cornell Dietetics Program:** The Cornell DPD program produces graduates with critical thinking and prepares graduates for supervised evidence-based practice, leading to eligibility for the Commission on Dietetics Registration (CDR) credentialing exam to become registered dietitians/registered dietitian nutritionists and for leadership in their careers in nutrition and dietetics.

### **Cornell DPD Goals & Objectives:**

**Goal #1** – Program graduates will be capable of integrating knowledge and theory in nutritional sciences and exhibit skills necessary for competent supervised practice and for careers in nutrition.

#### **Objectives:**

- Graduates will rate the preparation received in the program, on average, as “satisfactory” or better.
- Alumni will rate the preparation in the program, on average, as “satisfactory” or better.
- Program directors, academic advisors, and employers will rate the preparation of our students, on average, as “satisfactory” or better.

**Goal #2** – Program graduates will have critical thinking skills necessary for supervised evidence-based practice, for leadership development and for graduate study.

#### **Objectives:**

- The program’s 1-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for RDNs is at least 80%.
- At least 80% of program students complete the program/degree requirements within 3 years (150% of the program length).
- At least 50% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
- Of program graduates who apply to a supervised practice program, at least 75% are admitted within 12 months of graduation.
- 50% of students not applying to or accepted into supervised practice programs who do not plan to take the DTR exam will gain acceptance into graduate school and/or apply/reapply to supervised practice programs within 12 months of graduation.

- At least 50% of graduates will indicate they have “satisfactory” experiences with leadership roles during the DPD program or that they feel prepared to take on leadership roles in their careers after graduation.

## Information for Students

Students interested in completing the DPD program can register as a Dietetics student and be a part of the DPD program at Cornell University by completing the [DPD Intent Form, found on the DPD website](#). Students intending to complete DPD requirements at Cornell are also required to contact the [DPD Director](#) (Dr. Erin Green, PhD, RD: [emg232@cornell.edu](mailto:emg232@cornell.edu)) for a meeting to discuss program requirements and procedures.

Registering as a Dietetics student allows the program to keep track of students working to complete DPD requirements. It allows the program to plan for student needs in dietetics and allows students to receive individual advisement and guidance on the path to becoming an RDN. There is a \$75.00 fee to register as a dietetics student and complete the DPD requirements which is used to offset transcript evaluation, program supplies and accreditation fees. Students are required to pay this fee when submitting requests for transcript evaluation (after acceptance into the DPD).

The following sections will provide information for students intending to complete the DPD at Cornell University. This guide is primarily for undergraduate students at Cornell, and if you have a unique or different situation, please reach out to the DPD Director to discuss your options related to the DPD program and options to pursue the RDN credential.

**\*\*\*Please note that if you are a second-degree student interested in pursuing an MS in Nutrition in DNS, the DPD program cannot be done simultaneously with your MS degree at Cornell at this time. If you are a current PhD student in DNS, who has taken a majority of the DPD coursework prior to coming to Cornell, there are potential pathways to complete the DPD during your PhD depending on multiple factors. Please reach out to the DPD Director as early as you can to discuss options if you are a PhD student at Cornell.**

## Becoming a DPD Student

- Before completing the requirements for admission, interested students should register as a **"Pre-Dietetics" student** by downloading and submitting the [DNS DPD Student Intent Form](#). Please complete this form and return it to [dnsstudentservices@cornell.edu](mailto:dnsstudentservices@cornell.edu).
- After registering as a “Pre-Dietetics” student email Dr. Green to schedule an advising meeting: [emg232@cornell.edu](mailto:emg232@cornell.edu)

- An individualized Cornell Box folder will be created for you as a DPD student, and all information and documents related to the DPD program will be updated and saved in this folder throughout the program.
- You can register to be a DPD student at any point, but the earlier the better to ensure you take the correct classes and receive adequate advising. Additionally, pre-dietetics students will get pre-enroll access to specific courses for the DPD (i.e., NS 2470 – Contemporary Foods), and they will be able to enroll in DPD courses outside of DNS (i.e., HADM 3365).
- As a registered pre-dietetics student, you will take specific courses in addition to courses for your major, and then will typically apply to the DPD program to become a DPD student in your third year (typically your junior fall semester).
- After you are formally accepted into the DPD program you will complete the remaining DPD courses. When you graduate you will work with the DPD Director to receive a DPD Verification Statement. This statement will indicate to supervised practice programs that you qualify for their program.

### Applying to the DPD Program

Cornell University students interested in pursuing a career as a Registered Dietitian (RDN) will need to apply (typically in their junior year) to the DPD offered by the Division of Nutritional Sciences (DNS). **Below are the steps to apply to the DPD program:**

1. Registered pre-dietetics students should apply to the DPD at the beginning of their third year (fourth year for junior transfer students).
2. Complete the [DPD Application](#) and submit the complete application and supplemental items as one PDF file by **October 1 to your individual DPD Cornell Box folder.**
3. Selected students will be interviewed by current Cornell University Dietetic Interns.
4. Applications and results of interviews will be reviewed by the DPD Director and the DPD Admissions Committee appointed by the DPD Director. Accepted students will be notified by early November.

### DPD Application and Instructions

Students should plan to work on parts of the application **prior to the October 1 deadline** to ensure they have time to receive assistance with the materials, if necessary. For example, many students have not had an interview or created a resume prior to this application and [Cornell Career Services can assist students with their professional development](#). This application process is meant to help each student prepare for their post-graduation life and ensure students understand what dietetics entails. See below for instructions for each part of the application that should be submitted:

1. **DPD Application:** all forms should be typed and filled out completely.
2. **Transcripts:** Unofficial transcripts or copies are permissible. If you do not know how to access your transcripts, please reach out to DNS student services for assistance.
3. **Resume:** Please limit resume to 1-2 pages.
4. **Essay:** See instructions under "Supplemental Items" on the DPD application form.
5. **Submit** all application materials as one PDF file and upload to your individual DPD Cornell Box folder.

### Minimum DPD Application Requirements

Students should meet the following minimal application criteria listed below to apply to the Cornell DPD Program. If you are concerned about your application, please email the DPD Director prior to the application deadline to discuss your situation and determine what steps you can take to pursue the DPD program while you are at Cornell.

- Strong academic performance (generally this means a GPA  $\geq$  2.9)
- Completion of the following courses at the time of applying:
  - NS 1150
  - NS 1220
  - NS 2450
  - NS 2470
  - 1 semester of organic chemistry
  - Strongly recommended that you have completed or are currently enrolled in:
    - NS 3410
    - NS 3420
- Evidence of committed intention to pursue a career in dietetics including:
  - Registered as a pre-dietetics student (intent form is completed, you have met with the DPD Director at least once).
  - Completion of at least one dietetics related experience (i.e., work, volunteer, field, or lab experience).
  - Membership in the student dietetics club ([CUDA](#)), local dietetics organization ([NYSAND](#)), and/or are a student member in the Academy of Nutrition and Dietetics ([AND](#)).
- Evidence that you understand the role of the RDN in promoting health in various practice settings (essay section of application).

## **Admission to the DPD**

Admission into the DPD program is a selective process and depending on the program size, there may be a limited number of placements each year. Completing DPD requirements should be an option pursued as part of a thoughtful plan by students serious in pursuing dietetics and health careers.

Admissions reflect an overall competitiveness of the student to be successful and competitive for placement into a supervised practice and graduate program after graduation. Selection will be based on successful academic progress, committed intention to pursue a career in dietetics and health, potential for excellence and/or leadership in the field of dietetics, and a high likelihood of successful placement into an accredited dietetic internship and graduate degree program post-baccalaureate.

Acceptance decisions will be made by the DPD Selection Committee and results will be formally communicated to each student via a formal letter sent by the DPD Director.

## **Acceptance into the DPD Program**

Once a student is accepted into the DPD program and becomes a DPD student (instead of just pre-dietetics student/pre-DPD student), they are required to:

- Attend all DPD meetings during the spring of the junior year and the fall of their senior year to prepare for graduate school and/or supervised practice applications. (~1 meeting in spring and ~4 meetings in fall).
- Complete remaining DPD required courses to receive the non-course milestone degree designation of 'Dietetics' on their student records and transcript.
- Pay the \$75 fee for DPD processing, transcript evaluations, etc. for the program. This will be paid online or by check to the DPD Program. Information will be emailed to you once accepted into the program.

If a student is NOT accepted into the DPD program, they are strongly encouraged to meet with their academic advisor as well as career counselors in their respective college to discuss other career options. In addition, these students no longer receive the non-course milestone of 'Dietetics' on their records and transcript. Students not accepted into the DPD can still take DPD courses during their time at Cornell but will not receive a DPD verification statement when they graduate.

## DPD Curriculum & Coursework

The following courses are required to be completed to receive a DPD Verification Statement. The courses in areas 1-11 must be taken for a letter grade and course substitutions must be approved by the DPD Director and a formal course substitution form must be completed and saved in the student's Cornell Box folder (**Appendix: DPD Course Substitution Form**).

### Physical and Biological Sciences

#### 1. Inorganic Chemistry (8 credits)

Choose **one** of the following options:

- (a) **CHEM 2070** General Chemistry I (4 cr) **AND CHEM 2080** General Chemistry II (4 cr) <sup>1</sup>
- (b) (AP Chemistry score of 5 or IB Chemistry score of 6 or 7) **AND CHEM 2080** General Chemistry II (4 cr) <sup>2</sup>
- (c) (AP Chemistry score of 5 or IB Chemistry score of 6 or 7) **AND CHEM 2150** Honors General and Inorganic Chemistry (4 cr) <sup>3</sup>

<sup>1</sup> Recommended for nearly all students, especially those on or considering a pre-health (e.g. pre-med) track.

<sup>2</sup> Students may use an AP Chemistry score of 5 or an IB Chemistry score of 6 or 7 to place out of CHEM 2070. Pre-health (e.g. pre-med) students should not use AP scores to fulfill chemistry requirements. Students who take CHEM 2070 forfeit AP or IB credit.

<sup>3</sup> Students should only select option (c) if they are very strong in chemistry and are not considering a pre-health (e.g. pre-med) track.

#### 2. Organic Chemistry (5-10 credits)<sup>1</sup>

Choose **one** of the following labs:

- (a) **CHEM 2510** Introduction to Experimental Organic Chemistry (2 cr) **OR**
- (b) **CHEM 3010** Experimental Chemistry (4 cr)

**AND one** of the following lecture options:

- (a) **CHEM 1570** Elementary Organic Chemistry (3 cr, *not for pre-health*) **OR**
- (b) **CHEM 3530** Principles of Organic Chemistry (4 cr) **OR**
- (c) **CHEM 3570-3580** Introductory Organic Chemistry (3 cr each, *must take both, CHEM 3570 alone will not fulfill the requirement*)

<sup>1</sup> Students interested in pre-health tracks should take a two-course sequence of organic chemistry lectures (option c above).

#### 3. Microbiology (3 credits)

**BIOMI 2900** General Microbiology Lecture (3-4 cr)

#### 4. Introductory Biology (8-10 credits)

Choose **one** of the following labs:

- (a) **BIOG 1500** Investigative Lab (2 cr) **OR**
- (b) **BIOSM 1500** Investigative Marine Biology Lab (3 cr)

**AND choose two out of the three** following lecture options<sup>1</sup>:

- (a) **BIOMG 1350** Cell and Developmental Biology (3 cr) **OR**
- (b) **BIOG 1440** Comparative Physiology (3 cr) **OR**<sup>2</sup>  
**BIOG 1445** Comparative Physiology (autotutorial) (4 cr)
- (c) **BIOEE 1610** Ecology and the Environment (3 cr) **OR**<sup>2</sup>  
**BIOEE 1780** Evolution and Diversity (3 cr)

<sup>1</sup> Students may use an AP Biology score of 5 to place out of one introductory biology lecture. Pre-health (e.g. pre-med) students should not use AP scores to fulfill biology requirements.

<sup>2</sup> Cannot take both courses within one category to fulfill this requirement

5. **Physiology** (6 credits)  
**NS 3410** Human Anatomy and Physiology (4 cr) **AND NS 3420** Human Anatomy and Physiology Laboratory (2 cr)
6. **Biochemistry** (4-6 credits)  
Choose **one** of the following:
  - (a) **NS 3200** Introduction to Human Biochemistry (4 cr)
  - (b) **BIOMG 3300** Principles of Biochemistry (4 cr)
  - (c) **BIOMG 3310** Principles of Biochemistry (3 cr) **AND BIOMG 3320** Principles of Biochemistry (2 cr)
  - (d) **BIOMG 3310** Principles of Biochemistry (3 cr) **AND BIOMI 2900** General Microbiology (3 cr)
  - (e) **BIOMG 3330** Principles of Biochemistry (4 cr)
  - (f) **BIOMG 3350** Principles of Biochemistry (4 cr)

### Behavioral Science

7. **Psychology** (3 credits)  
Choose **one** of the following:
  - (a) **HD 1130 Introduction** to Human Development (3 cr) **OR**
  - (b) **PSYCH 1101** Introduction to Psychology (3 cr) **OR**
  - (c) **HD 2150** Human Development: Infancy and Childhood (3 cr) **OR**
  - (d) **HD 2170** Adolescence and Emerging Adulthood (3 cr)

### Communication

8. **First Year Writing Seminars** (6 credits)  
**Note:** The **2** required first year writing seminar courses must be completed during the first two semesters at Cornell.

### Quantitative and Analytical

9. **Statistics** (3-4 credits)  
Choose **one** of the following:
  - (a) **STSCI 2150** Introductory Statistics for Biology (4 cr) **OR**
  - (b) **PAM 2100** Introduction to Statistics (4 cr) **OR**
  - (c) **AEM 2100** Introductory Statistics (4 cr) **OR**
  - (d) **BTRY 3010** Biological Statistics I (4 cr) **OR**
  - (e) **ILRST/STSCI 2100** Introductory Statistics (4 cr) **OR**
  - (f) **MATH 1710** Statistical Theory and Application in the Real World (4 cr) **OR**
  - (g) **PSYCH 2500** Statistics and Research Design (3-4 cr) **OR**
  - (h) **SOC 3010** Statistics for Sociological Research (4 cr) **OR**
  - (i) A score of **4** or **5** on the Statistics AP Exam

### Professional Sciences

10. **Nutrition Core Courses** (16 credits)  
**NS 1150** Nutrition, Health and Society (3 cr)  
**NS 2450** Social Science Perspective on Food and Nutrition (3 cr)

**NS 3450** Introduction to Physiochemical and Biological Aspects of Food (3 cr)

**NS 3310** Nutrient Metabolism (4 cr)

**NS 3320** Methods in Nutritional Sciences (3 cr)

**11. Dietetic Courses** (25 credits)

**NS 1220** Nutrition and the Life Cycle (3 cr)

**NS 2470** Food for Contemporary Living (2 cr)

**HADM 1361** Food Service Management Essentials (4 cr) **OR HADM 3365** Foodservice Management Essentials-Spring (3 cr)

**NS 4250** Nutrition Communications and Counseling (3 cr)

**NS 4410** Nutrition and Disease (4 cr)

**NS 4420** Implementation of Nutrition Care (3 cr)

**NS 4500** Public Health Nutrition (3 cr) **OR NS 1600** Introduction to Public Health (3 cr)

**NS 4880** Applied Dietetics in Food Service Management (4 cr)

## Suggested Activities & Advisement for DPD Students

- **Suggested Advising Meetings:**

- All dietetic students should plan to meet with the DPD Director at least once per year. Regular office hours will be announced through the DPD Listserv at the beginning of each semester, additional office hours will be posted for pre-enrollment each semester, and students can also request individual meetings with the DPD Director at any time.
- Junior DPD students will have a meeting with the DPD Director at the end of the spring semester to help plan for senior year and post-graduation planning over the summer.
- Senior DPD students should plan to meet with the DPD Director at least once (or more if necessary) in the fall semester for an individual meeting to discuss post-baccalaureate plans. Senior DPD students will also have regular meetings in the fall of senior year.

- **Course suggestions:**

- Taking courses in the correct order is important for many classes to avoid conflicting class times for DNS courses and to ensure all prerequisites are completed before taking advanced coursework.
- You will have a DPD worksheet that lists all the required coursework for the DPD program in your Cornell Box folder, and you should refer to this when making your schedule and plan every semester. Please update this document at the end of each semester to ensure you are on track for the DPD program.



- In general, undergraduate students should progress through courses in order. The first digit of a course number indicates the level of difficulty and rigor (i.e., take NS 1150 before taking NS 3310, and take NS 2450 before taking NS 4250).
  - It is highly recommended that you take chemistry as early as possible so you can complete the full sequence of courses required for the DPD (general chemistry, organic chemistry, and biochemistry are all required for the DPD).
  - You need to take the HADM course before your senior year to avoid course conflicts and have all prerequisites completed before NS 4880 can be taken (typically final spring semester).
  - If you have registered as a pre-dietetics student, you will be able to pre-enroll in key dietetics classes like NS 2470 and to ensure you are able to enroll. Please reach out to [DNSstudentservices@cornell.edu](mailto:DNSstudentservices@cornell.edu) if you have trouble during enrollment periods.
- **Course substitutions:** Generally, if DNS and the Cornell University Registrar accept a course for your degree requirements, the DPD program will also be able to accept the course. For example, if a student's AP statistics credits count towards their degree as determined by the university, then the DPD will also accept these credits. For specific questions, please reach out to the DPD Director early and refer to the Policy on "Credits for Prior Learning Policy".
  - **Dietetics Experience:** Plan to get dietetics experience before your junior year, and ideally get more than one kind of dietetics/health experience before applying to the DPD program.
    - Options during the school year include [supervised fieldwork experiences \(NS 4020\)](#), where you can complete work for academic credit with nutrition professionals.
    - Summer and/or winter break opportunities and/or internships sponsored by Cornell University, College of Human Ecology, and the College of Agriculture and Life Sciences.
    - Leadership experiences such as being a student board member of CUDA, working with the Academy of Nutrition, or working with a student group on campus that has a food or health-focus.
  - **DPD Schedule:** The following chart depicts typical progress for students studying to become RDNs. Students can use this as a guide to check their progress at the end of each semester and plan necessary steps for upcoming semesters. This is **only** a guide:

<p><b>End of First year</b></p>	<ul style="list-style-type: none"> <li>• <b>Attending DPD informational meeting.</b></li> <li>• <b>Register as a pre-Dietetics student.</b></li> <li>• Join <a href="#">CUDA</a> &amp; <a href="#">Membership in the Academy of Nutrition and Dietetics</a> is recommended.</li> <li>• Meet with DPD director: <a href="mailto:emg232@cornell.edu">emg232@cornell.edu</a></li> <li>• Update faculty advisor on plans to pursue dietetics.</li> <li>• Successfully complete first year academic requirements.</li> <li>• Seek exploratory dietetics related experiences (shadowing, externships) and/or volunteer or work experiences for winter break.</li> </ul>
<p><b>End of Second Year</b></p>	<ul style="list-style-type: none"> <li>• All steps noted above.</li> <li>• Successfully complete second year academic requirements.</li> <li>• Seek substantive dietetics related experiences during semesters or winter/summer break.</li> <li>• <a href="#">Plan to apply to DPD</a> in fall of Junior year. Work on application over the summer.</li> </ul>
<p><b>End of Third Year</b></p>	<ul style="list-style-type: none"> <li>• Gain acceptance into DPD.</li> <li>• Successfully complete third year academic requirements.</li> <li>• Seek substantive dietetics related employment, internships, or supervised practices to complement prior experience.</li> <li>• Remain in contact with faculty advisor and/or others from whom you will request a letter of recommendation.</li> <li>• Review supervised practice programs and plan to visit over summer break and senior year winter break.</li> <li>• Take GREs if needed for graduate schools you want to apply to.</li> </ul>
<p><b>End of Fourth Year</b></p>	<ul style="list-style-type: none"> <li>• Attend all scheduled DPD meetings.</li> <li>• Meet individually with DPD Director in the fall semester at least once.</li> <li>• Request DPD transcript evaluation and <b>pay DPD fee.</b></li> <li>• Complete DICAS standardization application.</li> <li>• Complete DPD and degree course requirements.</li> <li>• Request that your final Cornell transcript with degree posted be sent to the Dietetics office after graduation.</li> <li>• Provide Dietetics office with forwarding address for Verification Statements, including supervised practice director's name and address.</li> <li>• After graduation: begin supervised practice and/or graduate program and complete surveys sent out by the DPD Program after graduation.</li> </ul>

## DPD Required Competencies (KRDNs)

The Cornell DPD program provides a foundation in the physical, biological, and social sciences, plus principles of education and management that will serve as a basis for knowledge of nutrition science; and to provide a strong curriculum in metabolism, normal, clinical and community nutrition, nutrition education and food and management. The Accreditation Counsel for Education in Nutrition and Dietetics (ACEND) categorizes the knowledge requirements into areas of learning. It is assumed that in order to demonstrate achievement of the skills statements, knowledge statements must have been achieved. [Below is a list of the 2022 ACEND knowledge Requirements \(KRDNs\) that encompass the major areas that your coursework will cover in the DPD program:](#)

### 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	Select and use appropriate 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 nutrition and dietetics practitioner 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 Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.
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.
KRDN 2.6	Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.
KRDN 2.7	Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

KRDN 2.8	Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.
KRDN 2.9	Defend a position on issues impacting the nutrition and dietetics profession.

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

KRDN 3.1	Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these 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 and enhance wellness for diverse individuals and groups.
KRDN 3.4	Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).
KRDN 3.5	Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.
KRDN 3.6	Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.

**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.
KRDN 4.2	Evaluate a budget/financial management plan and interpret financial data.
KRDN 4.3	Demonstrate an understanding of 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	Apply safety and sanitation principles related to food, personnel and consumers.
KRDN 4.6	Explain the processes involved in delivering quality food and nutrition services.
KRDN 4.7	Evaluate data to be used in decision-making for continuous quality improvement.

**Domain 5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.**

KRDN 5.1	Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
KRDN 5.2	Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and career goals.
KRDN 5.3	Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).
KRDN 5.4	Practice resolving differences or dealing with conflict.
KRDN 5.5	Promote team involvement and recognize the skills of each member.
KRDN 5.6	Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

**DPD Core Knowledge Assessment Measures**

The DPD program is required to assess each individual DPD student and track their demonstration of core knowledge requirements (KRDNs). While students will be exposed to and learn about each KRDN in multiple courses, only one assessment is required by ACEND to document a KRDN. 100% of students must achieve all KRDNs and if a student doesn’t meet the KRDN set by the program, the student will have a remediation process to help them meet the KRDN prior to graduation (Please refer to the **Policy & Procedures on Remediation** for more information).

Core Knowledge Statement	List course and course number in which the knowledge is assessed	List specific, required assessment method(s) (exam, rubric, project, etc.) used to measure student achievement of core knowledge
<b>Domain 1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.</b>		
KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.	NS 3320: Methods in Nutritional Sciences	Post lab reports (3). Must have an "80%" or better for <u>all 3</u> reports.
KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.	NS 3320: Methods in Nutritional Sciences	Post lab reports (3). Must have an "80%" or better for <u>all 3</u> reports.

KRDN 1.3 Apply critical thinking skills.	NS 3320: Methods in Nutritional Sciences	Post lab reports (3). Must have an "80%" or better for <u>all 3</u> reports.
<b>Domain 2. Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the nutrition and dietetics practitioner level of practice.</b>		
KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.	NS 4250: Nutrition Communications & Counseling	DESIGN Lesson Plan Project. Must get 70% or better.
KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.	NS 4880: Applied Dietetics in Food Service Management	Capstone professional portfolio project, demonstrating application of the Academy's. Must get 80% or better on ePortfolio/interview.
KRDN 2.3 Assess the impact of a public policy position on nutrition and dietetics practice.	NS1600: Introduction to Public Health OR NS 4500: Public Health Nutrition	1600: Case study on Medicaid and Medicare. Must get 80% or better. OR 4500: Policy Paper. Must get 80% or better.
KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.	NS1600: Introduction to Public Health OR NS 4500: Public Health Nutrition	1600: Case study on Medicaid and Medicare. Must get 80% or better. OR 4500: Health Brief Assignment. Must get 80% or better.
KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.	NS 4420: Implementation of Nutrition Care	Comprehensive exam question where students identify and describe roles of other health care professionals in the delivery of food and nutrition services. Must get 100% and provide the correct answer on exam.
KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.	NS 4250: Nutrition Communications & Counseling	Food Diversity Assignment. Must get 70% or better.
KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.	NS1600: Introduction to Public Health OR NS 4500: Public Health Nutrition	NS 1600: Walkabout Activity – Presentation. Must get 80% or better. OR NS 4500: Final Exam Question. Multiple part question and must get 80% or better on the question.
KRDN 2.8 Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.	NS 4250: Nutrition Communications & Counseling	Participation in STAND RD Lesson outreach – Final Reflection Assignment in Community Nutrition Settings. Must get 80% or better.
KRDN 2.9 Defend a position on issues impacting the nutrition and dietetics profession.	NS1600: Introduction to Public Health OR NS 4500: Public Health Nutrition	NS 1600: Public Health Problem Project - Final Paper. Must get 80% or better. OR NS 4500: Policy Paper. Must get 80% or better.
<b>Domain 3. Clinical and Client Services: Development and delivery of information, products and services to individuals, groups and populations.</b>		
KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and	NS 4420: Implementation of Nutrition Care	MNT case study assignment. Must get 80% or better.

develop plans to monitor the effectiveness of these interventions.		
KRDN 3.2 Develop an educational session or program/educational strategy for a target population.	NS 4250: Nutrition Communications & Counseling	DESIGN Lesson Plan Project. Must get 70% or better.
KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.	NS 4250: Nutrition Communications & Counseling	Nutrition Assessment Project Report. Must get 70% or better.
KRDN 3.4 Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).	NS 3320: Methods in Nutritional Sciences	Post lab reports (3). Must have an "80%" or better for all 3 reports.
KRDN 3.5 Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.	NS 4410: Nutrition & Disease	Case Study: Nutritional Genomics. Must get 70% or better.
KRDN 3.6 Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.	NS 2470: Food for Contemporary Living	Meal Planning Project- Full Assignment. Must get 80% or better.
<b>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.</b>		
KRDN 4.1 Apply management theories to the development of programs or services.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 4.2 Evaluate a budget/financial management plan and interpret financial data.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 4.3 Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.	NS 4250: Nutrition Communications & Counseling	Coding & Billing Case Studies. Must get 70% or better.
KRDN 4.4 Apply the principles of human resource management to different situations.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 4.5 Apply safety and sanitation principles related to food, personnel and consumers.	NS 4880: Applied Dietetics in Food Service Management	ServSafe Exam – must get 80% or better, AND Final Presentation grade of 80% or better.
KRDN 4.6 Explain the processes involved in delivering quality food and nutrition services.	NS 4880: Applied Dietetics in Food Service Management	Management Case Study Write-Up and Presentations. Must get a case study grade of 80% or better.
KRDN 4.7 Evaluate data to be used in decision-making for continuous quality improvement.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
<b>Domain 5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.</b>		
KRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.	NS 4880: Applied Dietetics in Food Service Management	Self & Peer Evaluations of Team Performance for Themed Dinner Project. Must get a grade of "Satisfactory" on both self AND peer evaluations.

KRDN 5.2 Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and career goals.	NS 4880: Applied Dietetics in Food Service Management	Capstone professional portfolio project, demonstrating application of management skills in ePortfolio and interview for management position in NS4880. Must get 80% or better on ePortfolio/interview.
KRDN 5.3 Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 5.4 Practice resolving differences or dealing with conflict.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 5.5 Promote team involvement and recognize the skills of each member.	NS 4880: Applied Dietetics in Food Service Management	Themed Dinner Project- design, plan, implement and evaluate a large-scale themed-dinner event. Must get an 80% or better on the Final Presentation.
KRDN 5.6 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.	NS 4880: Applied Dietetics in Food Service Management	Experiential Learning Reflection Assignment. Must have “Satisfactory” completion of lab 3.5-hour shift and complete write up.

## Distance Education Information

The DPD Program defers to the policies and guidelines of Cornell University for distance education, online testing, protection of privacy of student information, and other policies that may impact students by the addition of distance learning. Information is provided below on where to find information on topics and resources related to distance learning and education.

Information on Cornell University’s policy for Responsible Use of Information Technology Resources (University Policy 5.1) can be found here for students:

<https://policy.cornell.edu/policy-library/responsible-use-information-technology-resources>

Access to student support services, including health services, counseling, tutoring and testing and financial aid resources can be found using the following university websites and resources below (you can also refer to the Policy and Procedure “Access To Student Support Services” in this handbook):

1. Health Services: Are provided through Cornell Health for all enrolled students. Information on all services offered including health exams, counseling, and more can be found here: <https://health.cornell.edu/>
2. Student Disability Services: <https://sds.cornell.edu/resources/faculty-staff/providing-temporary-support-students-not-person>



3. Financial aid resources for students can be found by going to the following website:  
<https://finaid.cornell.edu/>
4. Learning Strategies Center – Information on support and resources found here:  
<https://lsc.cornell.edu/tutoring/>
5. DNS Student Services office for advising and questions:  
email [dnsstudentservices@cornell.edu](mailto:dnsstudentservices@cornell.edu) or visit this website to book an appointment: [DNS Student Services Advising Appointments.](#)

## Frequently Asked Questions

- **What is the difference between a nutritionist and a Registered Dietitian Nutritionists (RDN)?** RDNs must complete a structured program of continuing education. Anyone can call themselves a nutritionist. There is no certification of any kind required. A person who calls themselves a nutritionist can have extensive training in nutrition, including a doctoral degree, or they may have no training at all.
- **I'm from another country and I am not a current undergraduate student at Cornell University, but I would like to become an RDN in the United States. What do I do first?** If your education and/or training were completed outside of the United States, the first step is to have your academic degree(s) validated as equivalent to the bachelor's or master's degree by an Academy-approved, agency listed on the Academy's website: [www.eatright.org](http://www.eatright.org).
- **I am not doing well in my course- How do I get help?** Your first step is to see the instructor of the course. Instructors want students to do well and are willing to help them succeed. There are additional resources for helping students including [the Knight Writing Center](#), private tutors and TA office hours, the [Cornell Learning Strategies Center](#), [Student Disability Services](#), [Center for First-Year Students](#), and [Student & Academic Services](#).
- **Are There Scholarships Available to help me become an RDN?** In addition to working with Cornell University's Office of Financial Aid, academically competitive students who are student members of the Academy of Nutrition and Dietetics are encouraged to apply to the Academy's Committee on Scholarships. Additional information is sent via email to students and is on the website: [www.eatright.org](http://www.eatright.org). Additional scholarship opportunities will be sent out on the DPD listserv (i.e., Diversify Dietetics Scholarship, etc.) throughout the year by the DPD Director.

- **I am interested in dietetics and becoming an RDN, but I don't know how to learn more or get experiences before I graduate?** There are many opportunities at Cornell during the academic year to complete supervised fieldwork experiences, follow up on opportunities shared on the DPD listserv, you can discuss ideas with the DPD Director, and you can look at the Cornell DPD website for current offerings. It is also strongly recommended that you seek out experiences in areas you are interested in and try to work, volunteer, intern, or engage with nutrition professionals. Suggestions for ways to reach out to organizations and RDNs are listed below:
  - Contact a hospital or clinic near you and ask for the nutrition department or Director of Nutrition or Dietary Services to look for paid and volunteer opportunities.
  - Contact the director at a long-term care facility or contact an RD on staff to see if you might be able to assist as a volunteer; for example, to assist with meal rounds.
  - Shadow a dietitian in a variety of settings (private practice, wellness, public health, etc.).
  - Get involved with research that is going on in the department. Research faculty you are interested in working with and reach out with a professional email about openings in the groups at Cornell University.
  - Contact neighborhood WIC programs, Volunteer for the Farmer's Market Voucher program during the summer or reach out to CCE offices in New York or your home state.
  - Contact early childhood programs such as Head Start and/or investigate opportunities to work with Government-funded programs child feeding program serving children (i.e., summer backpack programs, farmer's market programs, etc.)
  - Contact a private practice practitioner (RDN) to see if you can volunteer or be a paid intern.

## Preparing for a Supervised Practice Program

The Dietetic Internship is the supervised practice component of dietetics education. **Effective Jan. 1, 2024, the Commission on Dietetic Registration (CDR) will require a minimum of a master's degree to be eligible to take the credentialing exam to become a registered dietitian/nutritionist (RDN) in addition to completing an internship.**

All accredited Dietetic Internship programs must provide at least 1200 hours of supervised learning experiences that allow students to achieve the competencies and learning outcomes for entry-level dietetics practice. Students can access the list of supervised practice programs on the [ACEND website](https://www.eatrightpro.org/acend/accredited-programs/program-directory) at: <https://www.eatrightpro.org/acend/accredited-programs/program-directory>.

With the new master's degree requirement, there are now multiple pathways to become an RDN after completing a DPD Program. One option is to complete a graduate degree (typically ~ 2 years) and then complete a dietetic internship (~1 year). A second option is to complete a combined program (~2 years) where graduate work and supervised practice are both completed in the program. A third option is to complete a Graduate Program (time varies) where a program will complete DPD, supervised practice, and graduate degree requirements in their program. Note that for options one and two, you must complete a DPD program to apply, but with the third option, each program will have different pre-requisites, some requiring a DPD but not all.

Dietetic Internships are located primarily in hospitals, universities, and public health programs. All internships offer experiences in clinical, management and community dietetics but the percentage of time spent in each area of practice varies from program to program. Acceptance into dietetic internships has historically been competitive. In recent years, more programs have emerged because of the graduate degree requirement (began in January 2024), resulting in somewhat better match rates. [In Spring 2024, 86% of applicants were matched to a supervised practice program.](#) This percentage is higher than previous years (i.e., only 66% matched in spring 2019), but many programs are still very competitive and **completion of DPD requirements does not guarantee placement in a supervised practice program and/or combined graduate program (DI and MS).**

To position yourself to compete successfully for a dietetics program after graduating with your DPD, you need to demonstrate strong academic performance, strong, supportive letters of recommendation and nutrition-related work or volunteer experience. Gaining nutrition-related experience, paid or unpaid, is very important. Experience will help confirm the desire to become an RDN and will also add to preparation for the dietetic internship. Examples of nutrition-related experiences include volunteer or paid positions in the nutrition department of a hospital, WIC Program, Cooperative Extension office, school lunch or Meals on Wheels program. Also consider health promotion programs offered by county health departments where volunteers are welcome. Look for internships offered by food companies or food service-related businesses. The National Association of College and University Food Service

(NACUFS) and the contract foodservice organizations, Sodexo, Morrison and ARAMARK often have summer internships. Political, public relations and marketing experiences also are considered transferable skills to dietetics and would be worthwhile experiences to round out preparation for an internship. Volunteering in a soup kitchen or a food pantry or with an after-school program are other opportunities to consider as well. Volunteer positions may even lead to paid positions. The professional contacts you make along the way are invaluable. In addition, supervisors from such experiences may be willing to write letters of recommendation when it's time to apply to internships or graduate programs.

It is wise to join the Academy of Nutrition and Dietetics as a Student Member. This shows commitment to the profession of dietetics. Joining confers many benefits, including the Journal of the Academy of Nutrition and Dietetics, access to the online student newsletter and free access to Academy's Evidence Analysis Library. The Academy of Nutrition and Dietetics Foundation has many scholarships that are awarded to students in dietetics programs every year. Only Academy members are eligible for these scholarships (only 2 are available to non-members). Paid membership fees also cover membership to an affiliate (typically state) of the Academy. Typically, students choose the state dietetic association membership where they live or go to school. For membership forms and information go to <https://www.eatright.org/> and click on "Join Academy." The Academy website also provides excellent information pertaining to preparation for supervised practice and applying to dietetic internships. Look under "Student resources" for helpful links and content.

### **Determining Where to Apply**

One of the hardest tasks is deciding where to apply to among the over 260 available supervised practice programs. You might start by examining the list of dietetic internships and coordinated programs under the "[Accredited Education Programs](#)" link at : <https://www.eatrightpro.org/acend/accredited-programs/program-directory>. This directory lists all accredited programs and provides a summary of each program including the length and cost, start dates, number of students. This directory will also let you filter for standalone DI programs, combined programs, and graduate programs.

While all ACEND-accredited programs meet the standards and requirements for graduates to become RDNs, the decision about which school or program to attend is personal and should be made based on a variety of factors that are important to you, such as:

- Do you need to start a program on a certain date?
- Do you have constraints on where you can live?
- Do you have financial constraints?
- Do you want to complete a graduate degree at the same time as your supervised practice?
- Would you be more comfortable in a small school or a larger school setting?
- What are your career goals, and do they match the goals of the program?

Once you have a shorter list of programs to consider, you should take a closer look at each program to determine if you're a good fit. Consult *The Applicant's Guide to Supervised Practice* (document will be available in the shared Cornell Box folder for your DPD cohort or you can email Dr. Green for the document), which provides more detailed information on most programs. The guide provides more information on the structure of the program including time planned and locations for clinical, community and management rotations and information about specialty rotations. It also includes information on competitiveness of the program by noting the number of applicants compared to the number of positions available, the minimum GPA considered and the average or range of GPAs of current students. Each program also ranks these criteria regarding applicants to their program.

Additional program information can be found on program websites, which can be centrally accessed through the ACEND accredited programs list. Program director's email addresses are also provided but be sure to review all information on the program website first before reaching out with questions.

Visiting programs before you apply is very beneficial and many programs now offer virtual open house events. It can be very informative to meet the Program Director, dietitians you'll be working with, and interns who are currently in the program. Many programs offer an open house in the fall/winter. Information on open houses will be forwarded to you via email by your DPD Director as it becomes available but be sure to check the program website for this information as well. Some programs also allow you to visit at other times if you plan in advance. If you are interested in programs in New York City and nearby states, plan to attend the annual GNYDA DI Fair, typically held in November. The Massachusetts Student Dietetic Association also typically holds a DI Fair in Boston (information will be sent out on the DPD listserv).

Keep in mind that an open house opportunity is not an interview, but it may be the only face-to-face contact you have with the DI Director. Being prepared, courteous and professional at the open house will serve you well. Be sure to dress professionally, wear only understated jewelry (no eyebrow rings, etc.) and be prepared for your visit. This means knowing the information that is in the promotional materials and on the program website so that you don't ask questions that you should already know the answers to. Always speak politely, with enthusiasm and interest. If you cannot visit a program, you might consider calling the Program Director and asking if you could speak to some of the current interns. They are the experts on the student experience in the program.

Most of our graduates are very successful in their internships and programs welcome well-prepared applicants from Cornell. A list of the internships attended by our graduates over in recent years is included in the **DPD Handbook Appendix-Recent DPD Placement Lists**.

Programs prefer diversity in their interns so it is unlikely that more than two Cornell students will be accepted into a program during the same program year (although on occasion several

of our students have been accepted to the same program). To help you know how many classmates will be applying to various internships, throughout the semester we will ask students to tell us where they intend to apply. This list will be compiled by the DPD Director who will remove student names and tally the number of students planning to apply to each program. The DPD Director will use this compiled list to help advise individual students on where to apply for their final lists.

## The Application Process

### About the Standard Application

For the 2024-2025 cycle, most but not all supervised practice programs will use the standardized application service known as [DICAS \(Dietetic Internship Centralized Application Service\)](#). It is imperative that you check with the programs you're interested in to see whether they participate with DICAS. DICAS may be accessed at <https://dicas.liaisoncas.com/applicant-ux/#/login>.

If a program does not participate with DICAS, application forms will be provided on the program's website. **You should also make sure to inquire about the need for a separate graduate school application if you are applying to a Combined Program or a Graduate Program since many of these programs have two separate applications.** See the DPD Director if you have any question about what application(s) to use.

Applications should not be handwritten unless otherwise indicated by individual program instructions. Downloading the files onto your own computer will allow you to easily fill out the application. Regardless of the application used, be sure to triple-check your application for typos and errors before it is submitted. Many internship directors use the application process to determine how well applicants follow directions. Incomplete application may not be considered.

Program admission committees will review your application according to program standards. Most programs will make an initial determination of your candidacy based on a first look at your application. This may include evaluating your GPA, completeness of your application and appearance of your application. It is imperative that your complete application be received **before** the due date. Applications that are not typed (if paper), submitted late, and/or incomplete may be removed from the selection pool. To assist you in putting together the highest quality application possible, review of your application is available. The DPD director will assist you in reviewing your application for completeness and accuracy prior to submitting it to your programs of choice if adequate time is allowed to do so. There will also be regular DPD meetings to review application materials and ask questions in the fall of your senior year.

On the application, you must list most of the courses you have taken throughout your college career and a separate DPD GPA will be calculated for you in DICAS. Follow instructions provided by DICAS when entering coursework to ensure the GPA calculations are correct. For courses where you used AP credits to fulfill the requirement, list the course title, prefix, and number exactly as it appears on the transcript. Put in the appropriate lecture/lab/etc., the appropriate number of credits, the grade type as "letter," the transcript grade as "CR-CREDIT, and note "Advanced Placement" under special classification. You also must submit a list of DPD coursework for Cornell. Use the "**DPD Course List Form for DICAS**" found under "resources" on the DPD website, in the shared DPD student folder on Cornell Box, and it can also be found in the Appendix- DPD Course List Form for DICAS.

### **Proof of Completing DPD Requirements**

Most students applying for internships have not completed undergraduate course requirements and are not yet eligible to obtain a verification statement (please see the **Verification Statement Requirements and Procedures Policy**).

Most programs will require proof that a student is on track to earn a verification statement by the time the DI program begins. This proof is provided by submitting a **Declaration of Intent Statement** with your application. To do so, students should complete the transcript evaluation form and the Worksheet for the DPD Declaration of Intent (found in shared Cornell Box folder and in **Appendix- Worksheet for the DPD Declaration of Intent**) and put them in their DPD Cornell Box folder with an unofficial copy of your Cornell transcript and official transcripts from any other schools by November of the academic year you are applying.

Using this information, a formal Declaration of Intent form will be prepared for you. **Before the Dietetics Office finalizes the version that will go with your application, you will need to submit proof of your fall grades.** Please send your transcript to the Dietetics Office by requesting an official transcript be sent to Lillian Wright at: [lb728@cornell.edu](mailto:lb728@cornell.edu). Official transcripts may be sent through Parchment.

For applications submitted via DICAS, an electronic version of the Declaration of Intent form will be completed by the DPD director after you have submitted the appropriate information to the Dietetics Office (please see above). Once the DPD Director has entered the information, the Declaration of Intent form will show up in your DICAS application. **You will need to review and approve it before submitting your application.**

### **Transcripts for Applications**

You will need to provide official copies of your transcripts with your DICAS application. You will need transcripts **from every college you have attended**. For program applications with due dates after the fall semester, be sure that your Cornell transcript shows your fall grades. DICAS requires only one official transcript from each school you attended. Follow the instructions on the DICAS website for sending your transcripts to DICAS.

After you graduate, please remember to send the Dietetics Office your official Cornell transcript **with degree posted (email will be sent to you in early May with instructions)**. This is required to complete Verification Statements, whether you intend to attend a dietetic internship or not.

## Letters of Reference

Your job is to request letters of recommendation from people who can write a **strong letter of support** for your acceptance into supervised practice. Most programs require that you provide three letters of reference with your application. **Programs differ in their requirements for who should write your letters.** Check program application requirements for details, but in general you are likely to need two letters from faculty and one from an employer/work supervisor. At least one of your letter writers should be a Registered Dietitian.

You should select letter writers who know you well and can write the strongest letter of support possible for you. You should make your requests and receive confirmation from your letter writers by mid-October. To help your writers compose a strong and supportive letter, you should complete and provide your letter writers with your self-evaluation (in shared Cornell Box folder and **Appendix- Self Evaluation Form**). Provide your letter writers a copy of the self-evaluation, your resume, and an unofficial copy of your transcript. If a paper application is needed, remember to include a signed waiver form to your letter writer.

If a program you are interested in requires a letter from someone who doesn't know you well, call the program and explain your situation and ask that you be allowed to substitute an alternate letter. Program Directors typically appreciate this kind of initiative.

### Letters of reference should address the following items:

- How well the writer knows the applicant and in what capacity.
- If the letter is from a job supervisor, the activities, and responsibilities of the job.
- Intellectual capabilities of the applicant.
- Performance on the job or in the classroom.
- Personal characteristics about the applicant.
- Potential as a Registered Dietitian (RDN).

## Writing a Personal Statement

One of the most important parts of your application is your personal statement or essay. This is your opportunity to sell yourself to the program. The more you set yourself apart from other applicants the stronger a candidate you will be. The self-evaluation that you complete for your letter writers will help you to write your personal statement.

**Some programs have specific requirements for your statement so be sure to read program directions carefully.** If your application is submitted via DICAS, you are allowed to save



different versions of your statement online. This allows you to tailor your essay to individual programs, if desired or required. There is however a **1000-word limit**. If there are no specific questions to answer outlined by your program, at a minimum, you should address:

- Why you want to enter the dietetics profession.
- Why do you want to go to a particular program (**change this for each letter/program**).
- What you have to offer in the way of experiences and qualifications that have helped to prepare you for your career.
- Any community services activities you've participated in that have prepared you for an internship and/or graduate school.
- What are your short-term and long-term goals- make sure to consider graduate program in addition to goals you have related to becoming an RDN, if appropriate.
- Explanations for a low GPA or lack of work experience, if appropriate.
- What are your strengths and how will that make you an asset to their program.
- If you have an idea about an area of dietetics practice that interests you, talk about that. Programs appreciate applicants who are focused and honest.
- Commitment to the profession of dietetics is valued so if you are a member of CUDA and/or the Academy, what have you done or learned? What has membership or attendance meant for you?

## What is Needed & Provided to Apply to Supervised Practice Programs

### Provided by DPD Student

- All DPD students are required to meet with the DPD Director before November 1 of their senior year to discuss their plans and list of programs they plan to apply to.
- Transcripts from each school attended: 1 for your Cornell DPD file, 1 sent to DICAS, and 1 for each DI paper application (if applicable)
- GRE scores, if applicable for programs
- Personal statement
- Letters of reference
- DICAS application
- \$75 fee to Cornell University for transcript evaluation by November 1
- Completed Transcript Evaluation form and Declaration of Intent form by November 15. (These are rough drafts; we'll use the information to complete the final form on DICAS. (Please submit to Dietetics Office)
- Unofficial CU transcript showing fall grades.
  - Send them before leaving in December for break.
  - In May, you will also need to request an official CU transcript, with degree posted, be sent to the CU Dietetics Office.
- Postage to mail packets (for programs requiring paper application)
- Fee for computer matching (D & D Digital)

- Fees for DICAS (paid when applications submitted to program)
- Fees for each program you apply to (make sure to check if there is a fee for the Dietetic Internship and a separate fee for applying to a graduate school associated with a program)

### **Provided by Cornell DPD Program**

- Assistance and counseling regarding the application process
- *Cornell DPD Handbook* and *Applicants Guide to Supervised Practice Experience*. On-line access in Cornell Box Shared Student Folder
- Transcript evaluation
- Declaration of Intent to Complete statement (Official form completed for you in DICAS application after transcript evaluation completed)
- Official Verification Statements for program successfully completed. The original will be emailed to you, and one will also be emailed to your DI Director.
- Program announcements forwarded via e-mail (DPD Listserv)
- Application Packet review – receive professional review (upon request) of your application before submitting it (note ample time is required for this so you need to plan if requesting this. There will also be regular DPD meetings for seniors to get feedback as you work on applications in the fall semester).

## APPENDIX

### Recent DPD Placements List

- **2024**
  - Cornell University (MS/DI)
  - Columbia University – Teacher’s College Graduate Program (MS/DI)
  - John Hopkins University (MPH/DI)
  - John Hopkins University (MPH)
  - University of Georgia (MS)
  - Garden to Table Nutrition (DI)
  - Children’s Hospital Colorado (DI)
  - University of Illinois, Chicago (MS/DI)
  - University of Southern California (MS/DI)
- **2023**
  - UNC Chapel Hill (MPH/DI)
  - Columbia University – Teacher’s College Graduate Program (MS/DI)
  - CUNY Queens College (MS/DI)
  - Cornell University (MS/DI)
  - University of Florida (PhD)
  - Cornell University (MHA Program)
  - Cornell University (MPH Program)
  - University of Vermont (MS/DI)
  - Vanderbilt University (MS/DI)
  - UC Berkely (MS/DI)
- **2022**
  - Oregon Health & Science University (DI)
  - Northwell Health (DI)
  - New York Distance Program (DI)
  - University of Washington (MPH Program)
  - UC Berkley (PhD)
  - Cornell University (DI)
  - Harvard – Brigham and Women’s Hospital (DI)
  - University of Wisconsin (MS/DI)
  - UC San Francisco (DI)
  - Illinois State (Distance DI)
  - John Hopkins University (MPH/DI)
  - Cornell University (PhD)
  - Montana State University (MS/DI)
- **2021**
  - Queens College (DI)
  - Harvard – Brigham and Women’s Hospital (DI)

- John Hopkins University (MPH/DI)
- National Institute of Health (NIH) (DI)
- Cornell University (DI)
- Tufts University (DI)
- New York Presbyterian Hospital (DI)
- Pace University (MS/DI)
- **2020**
  - Cornell University (DI)
  - James J Peter VA Medical Center (DI)
  - Rutgers University (DI)
  - UNC Chapel Hill (MPH/DI)
  - New York Presbyterian Hospital (DI)
  - Yale University (MS)
  - Columbia University – Teacher’s College Graduate Program (MS)
  - Texas Tech College- San Angelo (DI)
  - Harvard – Brigham and Women’s Hospital (DI)
  - Cornell University (MPH Program)
- **2019**
  - Emory University (DI)
  - Cal Poly Pomona (DI)
  - Tufts University (MS/DI)
  - Harvard – Brigham and Women’s Hospital (DI)
  - University of Birmingham (DI)
  - Cornell University (PhD)
  - Worksite Wellness (DI)
  - Stony Brook University (DI)
  - John Hopkins University (MPH/DI)
- **2018**
  - Cornell University (DI)
  - Boston University (MS/DI)
  - Queens College (DI)
  - UC San Francisco (DI)
  - Massachusetts General Hospital (DI)
  - New York University (DI)
  - National Institute of Health (NIH) (DI)
  - Penn State University (DI)

## DPD Intent Form

Form available here: <https://www.human.cornell.edu/dns/academics/undergraduate/dpd>

### The DNS Didactic Program in Dietetics *Student Intent form*

As soon as you decide to complete the requirements of the DNS Didactic Program in Dietetics (DPD), please complete this form and hand it in to B36A Kinzelberg Hall. This form may also be found on the DPD website. In addition, please contact the DPD Director, Dr. Erin Green ([emg232@cornell.edu](mailto:emg232@cornell.edu)) to request a Dietetics planning meeting ASAP. If at any time you decide not to complete the requirements, please be sure to notify the DNS Student Services ([dnsstudentservices@cornell.edu](mailto:dnsstudentservices@cornell.edu)). Thank you!

Student ID Number: \_\_\_\_\_ netID: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Current (Campus) Address: \_\_\_\_\_

\_\_\_\_\_

College: \_\_\_\_\_ Major: \_\_\_\_\_

Expected Graduation: (circle one) fall / spring 20 \_\_\_\_\_ Faculty Advisor: \_\_\_\_\_

Phone #: \_\_\_\_\_ Indicate any minor fields or pre-professional paths

(e.g. pre-health): \_\_\_\_\_

Are you a Transfer Student? YES NO IF YES: Year transferred to Cornell: \_\_\_\_\_

Transferred from (College/Major): \_\_\_\_\_

**ATTESTATION:** I am aware that information about the DPD, including the program Handbook and policies, is available on the dietetics web site: <https://www.human.cornell.edu/dns/academics/undergraduate/dpd>.

I understand that students interested in completing DPD requirements will need to apply to the DPD, typically in their junior year. Students who are not accepted into the program, or choose not to apply, will no longer be identified with the "Dietetics" milestone in Cornell's academic records system, which will affect the ability to enroll in any (NS) "dietetics-preferred" courses.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

*(Please sign above. If submitting electronically, filling in your name above will be accepted as an electronic signature.)*

#### FOR OFFICE USE ONLY

DPD Completion Date: \_\_\_\_\_

Notes:

TPM:  
\_\_\_\_ DB  
\_\_\_\_ XLSX  
\_\_\_\_



## Worksheet for the DPD Declaration of Intent

### Declaration of Intent Process

Most students applying for internships have not yet completed undergraduate course requirements and are not yet eligible to obtain a DPD verification statement. Most programs will *require proof that a student is on track to earn a DPD verification statement by the time the DI program begins*. This proof is provided by submitting a Declaration of Intent statement with your DI application on DICAS.

The Cornell Dietetics program will prepare your Declaration of Intent statement using the information you provide. Please allow for ample time (**several weeks**) between submitting your declaration of intent information and your first DI due date. All materials should be **submitted in your individual Cornell Box folder** so that Lillian Wright can review them. Please send Lillian an email after uploading your materials ([lb728@cornell.edu](mailto:lb728@cornell.edu)).

### Please submit the following items:

*Even if you are not applying to Dietetic Internships this academic year you still need to submit the following materials so we can complete your DPD Verification Statement in May when your degree posts to your official transcript.*

1. Transcript Evaluation form (**found on Cornell Box shared folder**)
2. List of DPD courses to be completed before graduation (**see next page**). Typically, this is the list of DPD courses you enrolled in for the fall and are planning to take in the spring semester. If DPD courses will be finished before spring semester and you only have courses to complete for your major, indicate that on the form.
3. Copy of your Cornell transcript, sent to Lillian after fall grades have posted (**you can send everything else before this to get things started though!**)
4. Official transcripts from any other schools you have attended.
5. **\$75.00 fee**, which can be paid electronically or by check. Instructions to pay online will be shared during the Fall semester of your senior year. Checks should be made payable to "Cornell University" or cash (receipt provided) mailed to or dropped off with Lillian Wright at: B36A Kinzelberg Hall, 244 Garden Avenue, Ithaca, New York 14853.

### If you are applying to Dietetic Internships this academic year:

When DICAS opens, click the request for "**Declaration of Intent**" in your DICAS application. This will trigger the request for the Dietetics Office to complete your Declaration of Intent. The information you have provided will be used to enter this information into your DICAS application. Once the information has been entered and approved by the DPD Director, the Declaration of Intent form will show up in your DICAS application. You will need to **review it**

and **approve it** before submitting your application. If you notice any mistakes, please send the request again.

### Declaration of Intent Worksheet

Name: \_\_\_\_\_

Graduation Date: \_\_\_\_\_

Applying to Dietetic Internships this academic year? \_\_\_\_\_

If yes, what is the earliest deadline you have for applications? \_\_\_\_\_

In the table below, list the DPD courses you need to complete before graduation. Typically this is the list of DPD courses you enrolled in this fall and those you plan to take in the spring semester. If DPD courses will be finished before spring semester and you only have courses to complete for your major, indicate that below.

Current Fall DPD Courses (Course number and name)	DPD Courses you still need to take (indicate spring or summer completion)

Has the DPD director approved any course substitutions for you? If yes, which Cornell DPD course has been substituted?

\_\_\_\_\_

\_\_\_\_\_



**Self-Evaluation Form**

**SELF-EVALUATION FOR RECOMMENDATION  
AND/OR PERSONAL STATEMENT**

NAME \_\_\_\_\_  
REQUEST \_\_\_\_\_

DATE of

COLLEGE \_\_\_\_\_  
\_\_\_\_\_

EXPECTED GRADUATION YEAR

ADDRESS *Ithaca:* \_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

*Permanent:* \_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_

Faculty Advisor \_\_\_\_\_  
GPA \_\_\_\_\_

Please include an unofficial copy of your transcript.

**PROGRAMS TO WHICH YOU ARE APPLYING – Please note letter DUE DATE next to each program.**

Dietetic Internships, Graduate Schools, Summer internships, Jobs (circle	Area(s) of Interest Specific to the Program:

**ACTIVITIES:**

1. School activities in which you have participated in a meaningful way (Secondary and College):
2. Activities outside of school (travel, work, etc.) which have been meaningful in your life:

3. Have you made any contribution to your college or community that might be considered significant?

**PERSONAL CHARACTERISTICS:**

1. What are the first words that come to your mind to describe yourself?
2. What are your strengths as an individual?
3. What areas/skills would you like to develop?

\*Please write an essay about yourself which would be helpful in writing a letter of recommendation or personal statement. Think about what you would include in a recommendation about yourself: your values, your commitments, the things about which you are enthusiastic, and any special talent or quality you may possess.

**Please rate yourself on the following scale:**

	Truly Outstanding (top2-4%)	Excellent (top 10%)	Good	Average	WHY (Give specific examples)
Academic Motivation					
Academic Creativity					
Academic self-discipline					
Academic growth-potential					
Leadership					
Self-confidence					
Warmth of personality					
Sense of humor					

<b>Concern for others</b>					
<b>Energy</b>					
<b>Emotional maturity</b>					
<b>Personal initiative</b>					
<b>Reaction to setbacks</b>					
<b>Interpersonal relations (Respect accorded by faculty, peers, coworkers)</b>					

## DICAS DPD Course List



Dietetic Internship Centralized Application Services

### DPD Course List

<b>DPD Program Institution:</b>	Cornell University
<b>DPD Director Name:</b>	Erin Green, PhD, RD
<b>Catalog Year for Applicant:</b>	2024-2025
<b>Website for Course Catalog:</b>	<a href="http://courses.cornell.edu/">http://courses.cornell.edu/</a>

<b>DPD Professional Courses</b>
HADM 1361 Food Service Management <b>OR</b> HADM 3365 Food Service Management Essentials
NS 1150 Nutrition, Health and Society
NS 1220 Nutrition and the Life Cycle
NS 2450 Social Science Perspectives on Food and Nutrition
NS 2470 Food for Contemporary Living
NS 4250 Nutrition Communication and Counseling
NS 4410 Nutrition and Disease
NS 4420 Implementation of Nutrition Care
NS 4500 Public Health Nutrition <b>OR</b> NS 1600 Intro to Public Health
NS 4880 Applied Dietetics in Food Service Systems
<b>Other DPD Professional</b>
<b>Psychology:</b> one of the following HD 1130 Intro to Human Development: Infancy and Childhood <b>OR</b> HD 2170 Human Development: Adolescence and Emerging Adulthood <b>OR</b> HD 2150 Human Development: Infancy and Childhood <b>OR</b> Psych 1101 Introduction to Psychology
<b>Communication:</b> First year Seminars
<b>Statistics:</b> one of the following STSCI 2150 Introductory Statistics for Biology <b>OR</b> PAM 2100 Introduction to Statistics <b>OR</b> AEM 2100 Introductory Statistics <b>OR</b> STSCI/ILRST 2100 <b>OR</b> BTRY 3010 Statistical Methods I <b>OR</b> PSYCH 2500 Statistics and Research Design <b>OR</b> MATH 1710 Statistical Theory and Application in the Real World <b>OR</b> SOC 3010 Evaluating Statistical Evidence
<b>DPD Science Courses</b>
<b>Inorganic Chemistry</b> Chem 2070-2080 <b>OR</b> Chem1560-2080 <b>OR</b> Chem 2150-2160
<b>Organic Chemistry</b> Chem 1570 <b>OR</b> Chem 3570-3580 <b>AND</b> Chem 2510 <b>OR</b> Chem 3010 <b>OR</b> Chem 3530 <b>OR</b> Chem 3590-3600
<b>Microbiology</b> BioMi 2900 General Microbiology
<b>Biology and Physiology</b> Biology: BioG 1105-1106 <b>OR</b> BioG 1500 plus two from following 3 courses: BIOG 1350, BioG 1440, or BioG 1610/1780

<u>Physiology: NS 3410 and NS 3420 Human Anatomy and Physiology</u>
<b>Biochemistry</b> NS 3200 <b>OR</b> BioMG 3300 <b>OR</b> BioMG 3310 <b>OR</b> BioMG 3330 <b>OR</b> BioMG 3350
<b>Other Nutritional Science</b> NS 3450 Nutritional and Physicochemical Aspects of Food NS 3310 Physiological & Biochemical Bases of Human Nutrition NS 3320 Methods in Nutritional Sciences