



**METROPOLITAN  
STATE UNIVERSITY<sup>SM</sup>  
OF DENVER**  
Department of Nutrition

*Need a Plan B?*

**What to do if...**

*You don't  
match to a  
dietetic  
internship*

**OR**

*You are  
considering  
other career  
opportunities*

**The Ultimate Plan B Resource Guide**

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# You Didn't Get Matched

## Now What?

Not getting matched to a dietetic internship is not the end of your journey to becoming a registered dietitian! If you do not get matched, allow yourself to feel your emotions, but remind yourself of the following:

- 1** Many amazing RDN's don't match during the first round
- 2** Many amazing nutrition professionals are not RDN's
- 3** Not matching to a dietetic internship is not indicative of your worth, value, or life purpose
- 4** You have so many options!

# Second Round Matching

## 101

### **What is second round matching?**

During the first round of the matching process, not all internships fill their spots. For the programs that wish to fill their spots, they will open unfilled positions up to applicants who did not match the first round. This process is called **second round matching** which starts the Wednesday following match day.

### **Can I use my pre-existing DICAS application to apply?**

Yes. Pre-existing DICAS applications can be used to apply for second round match (including transcripts and letters of recommendation).

### **Will second round match set me back?**

No! Second round match is within the same cycle of first round match. This means you will still be able to complete your internship in your originally planned time-frame.

# How To Prepare for

## Second Round Match

### Step 1:

After match day, visit DnD Digital to view the list of programs that are participating in second round match. You will also see a list of ISSPs which are also considered in second round matching (see page 4 for more information on ISSPs). **Time is of the essence here so make sure you apply as soon as possible. These spots are first come first serve!**

\*P.S. There are also programs that do not participate in DICAS. Contact your DPD Director for access to the Applicant Guide To Supervised Practice, where you can learn more about these programs.

### Step 2:

Before applying, be sure to visit the program's website to learn more about their specific program and requirements! With this, **be sure to switch your personal statement around to reflect the program you wish to apply to.** We know you want to get matched, but be sure to treat this process as carefully as you did the first round!

### Step 3:

Reach out to dietetic internship directors of programs that you applied to for first round match and ask for feedback! This will help you understand how you can improve in the future.

# ISSPs

## What are they?

### ISSPs: Individualized Supervised Practice Pathways

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Available for students who didn't match with a dietetic internship  
but have a **DPD verification statement**

AND

for individuals with a doctoral degree without a DPD statement

### Things to consider before applying to an ISSP:

1. Each program varies in program requirements so do your research
2. You will need to provide your DICAS application and all supporting documents when applying
3. Once again, time is of the essence with ISSPs! Be sure to apply as soon as possible.

What if you don't match second round

**or get into an ISPP?**

## **Option 1**

### **Consider re-applying to DICAS**

If you plan to apply to fall or spring match, be sure to meet with your professors and/or mentors to strengthen your application. Ask for feedback always and start accumulating more experiences through job opportunities, volunteer positions and/or credentials (NDTR, Certified Dietary Manager, Certified Lactation Consultant). See page 6 for more tips on reapplying.

## **Option 2**

### **Explore the career options for non-RDN nutrition professionals**

There are so many career options for those who do not take the RDN route. See pages 7-12 for more career options and start asking your professors for other career opportunities as well!

# Reapplying to a

## Dietetic Internship

**Remember, your professors and mentors are here for you during your re-application process. We want you to get matched and are here to help!**



Utilize feedback from dietetic internship directors and/or professors to see where you need to improve

Utilize university resources to improve your personal statement and interview skills



If the interview was where you felt least confident, schedule weekly mock interview sessions with the department

Begin volunteering and gaining valuable skills (see pages 7-12 for job options) that will make your application stand out





# Other career opportunities

## in Nutrition

### **Nutrition and dietetic technician, registered (NDTR)**

This credential will grant you more job opportunities within the field in various clinical, community and long term care settings. See page 8 and 9 for more details.

### **Certified Dietary Manager (CDM)**

Certified dietary managers are considered qualified to enter or advance in the field of food service management or directing foodservice operations. See page 10 and 11 for more details.

### **Worksite Wellness, Health Coaching and More!**

There are positions available in many sectors that will value your education without an advanced degree or RDN/NDTR/CDM credential. See page 12 for more details.

# Nutrition and dietetic technician, registered (NDTR)

Students who graduate from an accredited nutrition and dietetics program with a DPD statement are qualified to sit for the nutrition and dietetic technician, registered (NDTR) exam. This provides you with a national credential and opens job opportunities to gain more experience.



## How to apply to take the NDTR exam

*The exam is administered through Commission on Dietetic Registration (CDR) and requires you to apply for eligibility. Reach out to our DPD Director for help sending your transcripts to validate your eligibility through CDR. Once you are validated, CDR will mail you information on how to register for the exam.*

## Job opportunities/ settings as an NDTR

***Dietary technician** at hospitals, clinics, nursing homes, retirement centers, hospices, home health-care programs, research facilities, schools, day-care centers, correctional facilities, restaurants, The Special Supplemental Nutrition Program for Women, Infants, and Children, public health agencies, Meals on Wheels, health clubs, weight management clinics, community wellness centers, food companies and food distribution operations.*



# Sample

## Job Posting at Aveanna Healthcare for Outreach Diet Technician

### Position summary:

This position works closely with the sales and operations teams to identify and screen referral sources in rural markets that may benefit from outreach inside sales calls. The outreach diet technician will conduct calls to high potential accounts; educating them on Aveanna Healthcare Medical Solutions product lines and services with the goal of developing relationships that will result in new referrals. Sales incentives are achievable for meeting pre-determined goals. They will document sales activity in Brightree and other sales tracking platforms. They will provide excellent customer service to referral sources and manage orders to ensure a smooth delivery of service to patients and providers. General duties include reviewing clinical documents, completing therapy prescriptions forms, and performing calculations. This position may also help with routine office duties such as faxing and scanning of documents, ordering supplies and answering customer phone calls.

# Certified Dietary Manager (CDM)

Certified dietary managers are considered qualified to enter or advance in the field of food service management or directing foodservice operations. Graduates of MSU Denver's nutrition program (BS or MSND) are qualified to sit for the CDM exam through eligibility pathway II.



## How to apply to take the CDM exam

*You must first submit your application and transcript online at [www.cbdmonline.org](http://www.cbdmonline.org). After your application is approved, you'll be notified by email on how to register for the exam .*

## Job opportunities/ settings for CDM

*Certified dietary manager in operations management, foodservice management, food safety, and nutrition/medical nutrition therapy.*



*Sample*

## **Job Posting at Life Care Center of Westminster Food Services Director**

### **Position summary:**

The Food Services Director Certified Dietary Manager plans, organizes, develops, and directs the overall operations of food services to ensure daily provision of quality nutritional services in accordance with all applicable laws, regulations, and Life Care standards.

## Other Nutrition Related Careers

If none of the previous options seem right for you, there are plenty of other positions available in many sectors that will value your education and experience!

### Job Examples

- Food Service
- Food Industry/Agribusiness
- Government Agencies
- Certified Health Coach/Nutritionist
- Worksite Wellness
- Public Health
- Non-profit/Community Health Centers
- Summer Food Program Nutrition Assistant
- Nutrition Consultant
- Nutrition Program Coordinators
- and so much more!

# Closing

## Reminders

**1**

**You are amazing and are not defined by this matching process**

**2**

**Refrain from using negative self talk throughout the second round matching process**

**3**

**This is a unique learning experience that will prepare you for more than just the dietetic internship**

**4**

**The MSU Denver Department of Nutrition is here to support you**

**5**

**There are so many options and you are going to be a phenomenal nutrition professional**

# Contact Us

## For help/guidance

The Department of Nutrition is here for you every step of the way. Reach out and schedule an appointment with us if you have any questions!



[nutrition@msudenver.edu](mailto:nutrition@msudenver.edu)



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