



**METROPOLITAN
STATE UNIVERSITYSM
OF DENVER**

Department of Nutrition



A Roadrunner's Route to Success

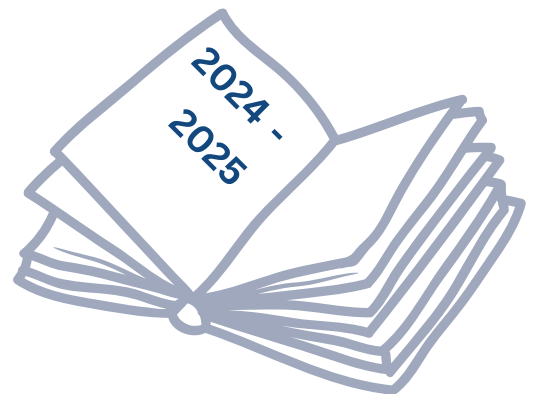


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INTRODUCTION

The MSU Denver Department of Nutrition is dedicated to supporting your success. There are many resources designed to support you on your route to completing school and embarking on a rewarding career in nutrition!

The Roadrunner's Route to Success will connect you to resources and information to help you be successful in your program and beyond.

Steps:

Step 1: Choose a Nutrition Program

- Verify you are in the correct nutrition major

Step 2: Utilize Your Academic Resources

- Employ a department resource
- Take advantage of a university resource
- Apply for a scholarship

Step 3: Explore Campus Resources for Well Being

- Tag @msudenvern nutrition on social media (Facebook, Instagram or LinkedIn) when engaging in one of the recommended healthy activities

Step 4: Explore Careers in Nutrition and Dietetics

- Meet with a nutrition advisor to discuss career paths
- Shadow or interview a nutrition professional
- Schedule an appointment with the C2Hub

Step 5: Engage with the University and Community to Get Applied Experience

- Join a student club
- Become a member of a professional organization
- Volunteer for an organization or become a Department of Nutrition Teaching Assistant (TA)
- Attend an event

Step 6: Look Ahead

- Decide on your post graduation plans and apply for a job or graduate school

STEP 1

Choose a Nutrition Program

Our department offers a variety of nutrition programs that lead to different career starting points. Work with an academic advisor to help you decide the right program fit for you.

Undergraduate Programs

- **Bachelor of Science in Nutrition and Dietetics:** students will be prepared for traditional, non-traditional, and entrepreneurial positions in health care that utilize knowledge of food, nutrition and dietetics. Professionals trained in nutrition have numerous career options due to the growing emphasis on nutrition, health and wellness. Some career options include becoming registered dietitian nutritionists (RDN), nutrition and dietetics technicians, registered (NDTR), certified dietary managers (CDM), and certified food protection professionals (CFPP).
- **Bachelor of Science in Nutrition Science:** provides students interested in graduate level nutrition study, food science study or professional health programs (e.g. physician assistant, medical doctor, physical therapist) a suitable pathway that prepares them for these ventures. The Nutrition Science major provides a heavier emphasis on the sciences.
- **Bachelor of Science in Nutrition Studies:** designed for students who are interested in the scientific foundation of nutrition principles. This is a major for those who are not pursuing dietetic registration. Some career options include working with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), community-based clinics, Head Start programs, or food banks.
- **Lactation Consultant Training Undergraduate Certificate Program:** allows students to meet the eligibility requirements to complete the International Board-Certified Lactation Consultant (IBCLC) Exam and, once students pass the exam, work as a credentialed IBCLC.
- **Minor in Nutrition:** This complements a variety of majors including Biology, Health Care Management, Hospitality, Tourism & Events, Exercise Science, Athletic Training and Integrative Health Care. Additionally, this minor provides valuable information that can be applied to a student's lifelong health and well-being. The nutrition minor will not meet educational requirements for qualification as a Registered Dietitian Nutritionist (RDN).

Graduate Programs

- Master of Science in Nutrition Program
- Dietetic Internship
- Lactation Consultant Training Graduate Certificate Program
- Graduate Certificate in Nutrition Science

STEP 2

Utilize your Academic Resources

Staying organized and developing an academic routine for each semester is essential. While you do not need to earn an “A” in every class, you should strive to have a 3.0 GPA or higher by the time you finish your undergraduate classes. This will make you a strong candidate for future opportunities.

Before the semester begins, make sure you have the textbooks and supplies needed for classes. During the first week of each semester, use the syllabi from your various courses to map out your weekly and monthly schedule.

Department Resources

- [Department of Nutrition Student Resources](#)
 - [Advising and Tutoring](#)
 - Academic Advising
 - Develop your Degree Plan - meet with your advisor every semester
 - Career Advising
 - [Laptop Rentals](#)
 - [Book Rentals](#)

University Resources

- [MSU Denver Math and Stats Academic Student Support](#)
- [MSU Denver STEM Tutoring](#)
 - Helpful for chemistry and biology courses
- [MSU Denver Writing Center](#)
 - Helpful for any writing assignment, in any stage of the writing process
- [MSU Denver Student Tech Road Map](#)
 - Find information on how to use technology at MSU Denver

Scholarships

- [Department of Nutrition Scholarships](#)
- [Academy of Nutrition and Dietetics Scholarships](#)

STEP 3

Explore Campus Resources for Well Being

As a future health professional, you know that feeding, moving, and caring for your body and mind is critically important. Foster your own robust health behaviors and seek support by utilizing the resources and routine ideas below.

We recommend flexible, sustainable routines that can include:

- Eating healthy meals and snacks
- Getting quality sleep and down-time
- Moving your body
- Using strategies to cope with setbacks, stress and challenges
- Connecting with friends, family and peers
- Not overworking yourself!

Here are some campus resources:

- [Nutrition Counseling at the Health Center at Auraria](#)
 - Work with the registered dietitians at the Health Center of Auraria to get a healthy eating routine going
 - This step also helps you learn more about being a nutrition counselor!
- [Campus Recreation](#)
 - Get your body moving (and meet people)
 - You will be amazed at all the programs campus rec has to offer!
 - The membership is included in your tuition, no additional fees required
- [Counseling, Health and Wellness](#)
 - MSU Denver has excellent resources for helping students become outstanding navigators of mindset and stress challenges
 - [Emergency fund support](#)
- [Housing Resources](#)
- [Transportation Resources](#)

STEP 4

Explore Careers in Nutrition and Dietetics

For people interested in health and food, a degree in nutrition is a great option. It's a flexible degree that students can use as a launchpad for many rewarding careers. But the nutrition path can be challenging, with tough courses, competitive internships, and high educational requirements.

To position yourself well to launch into a career, it is great to start by exploring possible paths and professional opportunities while still a student. Knowing and growing your “why” or ultimate career goals can help you stay motivated and on track.

Career Exploration Resources:

- Speaking with a nutrition advisor will help you align your interests and/or potential career routes
- Learn as much as you can in *NUT 1800: Careers in Nutrition and Dietetics* about the various professional options, university resources, and types of jobs in the nutrition field
- Networking: Find professionals who have jobs you might be interested in. Interview them to learn more about what professional skills they use, what their workdays entail, and how to prepare for a career in this area
- Visit the [MSU Denver Classroom to Careers Hub](#) for resume, cover letter, and job opportunities
- Explore [internship opportunities](#)

STEP 5

Engage with the University and Community to Get Applied Experience

Engaging in **paid or volunteer** activities through the university and/or in the community enables you to experience first-hand the application of the information you're learning in classes. These also help you prepare strong applications for any direction you care to go in the future, including graduate school, dietetic internship, and/or employment in nutrition.

Student Involvement

- Extracurricular activities
- Professional organizations
- Volunteer opportunities

Join a Student Club:

- Join the [Auraria Campus Student Dietetic Association](#) and/or join their board of student directors and help plan nutrition student activities
- Get involved with extracurricular activities such as the [Diversity in Dietetics Club](#), [Eating Disorder Awareness Group](#), and [Nutrition Nerds Journal Club](#), among others

Join a Professional Organization:

- Check out the national association of nutrition professionals, the [Academy of Nutrition and Dietetics](#), and consider joining their many student and special interest groups
- Attend a professional meeting or speaking event at least once per semester

Volunteer Opportunities:

- [Metro Caring](#) meets people's immediate food needs while addressing the root cause of hunger
- [Project Angel Heart](#) was founded in 1991 to address a major challenge for Coloradans who are ill: getting the nutrition they need to get stronger, heal, and remain at home
- [The Eating Disorder Foundation](#) offers a variety of support groups, workshops, classes, and referrals in a welcoming, open-door environment

Attend a professional meeting or speaking event at least once per semester:

- [Department of Nutrition Events](#)
- [POHA Speaker Series](#)

STEP 6

Look Ahead

You'll likely complete several applications as you progress through your nutrition degree. These could include job, scholarship, internship, and degree program applications. Some of the applications, like the one for the dietetic internship, can take up to a year to really think through and get everything in place.

Applying for different opportunities as a student is a great way to learn the process, make decisions about your future goals, and gain professional skills.

Recommendations for looking ahead:

- **Explore MSU Denver Graduate Program Opportunities**
 - [Master of Science in Nutrition Program](#)
 - [Dietetic Internship](#)
 - [Lactation Consultant Training Graduate Certificate Program](#)
 - [Graduate Certificate in Nutrition Science](#)
- **For support applying to dietetic internships:**
 - Meet with a POHA Tutor or Nutrition Advisor to review personal statement and resume
 - [Diversify Dietetics](#)
 - [All Access Dietetics](#)
- **Decide on your post-graduation plans**
 - Graduate Level Education
 - Career Opportunities

CONTACT INFORMATION



The Department of Nutrition is committed to supporting its students academically and professionally to ensure success in both the classroom and in their future careers. Call or email us to set up an appointment!

MSU Denver
Department
of Nutrition



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