

## What does Cinco de Mayo, coffee and community nutrition all have in common?

They are all a part of the Sea Mar Community Health Center Dietetic Internship!



Sponsored by Sea Mar Community Health Centers, a Latino non-profit health organization, the Sea Mar Dietetic Internship offers interns a unique opportunity to work with clients from a variety of ethnic and socio-economic backgrounds. Interns gain cultural competencies that enhance their competitive edge in the job search. And yes, interns celebrate Cinco de Mayo as one of their holidays, along with winter and spring breaks!

The Sea Mar Dietetic Internship is located in Seattle, the Emerald City! As well as having coffee stands on almost every corner, interns will also enjoy the benefits of Seattle life, with shopping opportunities, professional sports events, theatre, concerts, museums, great restaurants, and many food and farmers' markets including the famous Pike Place Market. Ocean and mountains are nearby with plenty of hiking, skiing, and biking trails close at hand. And even more importantly, Seattle offers renowned medical centers and community organizations with exceptional dietitians who support our program, acting as preceptors and educators. And despite what you may have heard...it does not rain here everyday!

The Sea Mar Dietetic Internship offers each intern class many opportunities to work together as a group, thus developing team-building skills and relationships of support that enhance the learning experience. Mondays start most weeks off with an intern seminar, in which interns gather to hear dynamic speakers, discuss assignments or present case studies and work together on community nutrition education projects that benefit those in need in the Seattle area. Interns also enjoy the chance to come together to talk about their rotation experiences and to assist each other in problem-solving and conflict resolution. This offers a great start to the work week, when interns are at each of their respective rotation sites.

The "Community" in Sea Mar Community Health Centers is at the center of the internship's focus. Dietetic students who desire careers in outpatient clinics, WIC, health clubs, public health or other nutrition-education practice-settings are strongly encouraged to investigate this internship. In addition to hospital (MNT) and food service administration rotations, community nutrition rotations include outpatient, WIC, long-term care, child development, community nutrition administration and migrant/homeless services.

If you love cultural experiences, enjoy water and mountains, benefit from peer interaction and have a strong passion for a career in community nutrition, the Sea Mar Dietetic Internship is for you! We cordially invite you to apply to our program!

## Overview of the Sea Mar Community Health Center Dietetic Internship

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The 44 week, full-time community-based internship begins in mid-September and graduation is in July. An initial 1-week orientation prepares our 8 interns for the experiences ahead.

### Program Mission:

The Dietetic Internship at Sea Mar Community Health Centers\* is committed to providing a comprehensive learning environment for nutritionists interested in community health, offering an emphasis in experiences serving multi-cultural and low-income communities, while preparing them to become Registered Dietitians.

### Program Goals

**Goal #1:** To contribute to the development of mature and responsible interns who will be capable of utilizing the knowledge and skills learned to meet the nutrition needs of society.

#### *Outcome Measures*

- 100% of each intern class has completed the dietetic internship within 15-months of starting.
- When surveyed at their exit interview, the mean rating for the question “I feel that I have mastered the skills necessary to succeed in entry-level nutrition counseling and education position is marked as Agree or 1-3 by 85% of program graduates.
- 12 months after completing the internship, employers will rate 85% of graduates “Prepared” when surveyed if “the employee is highly capable of meeting the nutrition needs of society.

**Goal #2:** To provide a quality training program that supports the intern’s personal development and professional growth.

#### *Outcome Measures*

- Over a five-year period, the pass rate for DI graduates taking the Registration Examination for the first-time will be at least 80%.
- When surveyed at their exit interview, the mean rating for the question “I have felt supported in my attempts to develop personally and to grow professionally” is marked as Agree or 1-3 by 85% of program graduates.
- 12-months after completing the internship, employers will rate 85% of graduates “Prepared” when surveyed if “the employee is able to participate in professional activities and promote effective relationships in the practice of dietetics.”

**Goal #3:** To prepare the interns to graduate and deliver nutrition services to population groups such as those at Sea Mar or other community healthcare clinics.

#### *Outcome Measures*

- Over a five-year period, 70% or more of DI graduates who sought employment in dietetics will be employed within three months of program completion.
- 25% of graduates secure a Sea Mar or other community nutrition position within one year after graduation.
- 12 months after completing the internship, employers will rate 85% of graduates “Prepared” when surveyed if “the employee is able to provide nutrition care for individuals from across the lifespan and with diverse cultural, religious and socio-economic backgrounds.”

### Program's Objectives

To have all interns complete, and reach a level of satisfactory competency, in the 10 rotations offered at Sea Mar during the 10-month internship period.

To have all interns be able to identify and address the needs of members of a low-income and non-English speaking population by the end of the 10-month internship period.

85% of the interns will pass the RD exam after completion of the internship.

To successfully recruit Sea Mar's dietetic internship graduates as Sea Mar employees to fill any open dietetic positions for which they are eligible.

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\*This program is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association (CADE, 120 South Riverside Plaza, Chicago, IL 60606, 312.899.0040 ext.5400). Upon satisfactory completion of this program, graduates are eligible to become Active Members of the American Dietetic Association, to write the Registration Examination for Dietitians and to become Registered Dietitians.

## Application Guidelines for the Sea Mar Community Health Center Dietetic Internship

Students will be considered for admission only if they have completed an ADA accredited didactic program in dietetics.

Qualified applicants will be evaluated based upon the following:

1. Overall GPA
2. Professional sciences GPA
3. Recommendations
4. Personal statement
5. Work/Volunteering experience
6. Interview (if applicable)
7. DI preferences

**Overall GPA:** Applicants must have an overall GPA greater than 2.75 to be considered.

**Recommendation forms:** When completing the application form, applicants must include the name and contact information (specifically an email address) for each reference. This will trigger an email message requesting completion of a reference form. The form will be completed online. Students submitting more than one application will need to use the same individuals as references for each application. *\*Sea Mar does not require Letters of Recommendation accompanying the DICAS Recommendation forms.*

**Personal statement:** Applicants who apply to internships using DICAS will be asked to complete a personal statement no longer than 1000 words. All questions below MUST BE addressed in the personal statement:

- Why do you want to enter the dietetics profession?
- Discuss experiences that have helped to prepare you for your career.
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement?
- Reasons for applying to the Sea Mar internship.
- Language skills – whether you have taken Spanish (or another language) in college, high school and/or traveled in a Spanish speaking country and time frame for all. (**Note:** Because Sea Mar supports the education and employment of dietitians in clinics which serve a multi-cultural population, students who have taken Spanish-language classes, or who possess language skills that would be beneficial in serving our client populations, are given extra points during the application process. However, it is not required that interns speak these languages. We urge all students who have a strong passion and desire to work in community health to apply, regardless of language skills.)
- Experiences working with diverse populations.

**Work/Volunteer experience:** Volunteer or work experience in community nutrition, experience in working with a multi-cultural population, and an expressed desire to work in a community or public health career are desirable attributes for internship applicants to possess.

**Official transcripts** from all colleges and universities attended should be sent to:

DICAS- Transcript Department  
PO Box 9118  
Watertown, MA 02472

**Interview:** The most qualified candidates will be selected for a telephone or personal interview by mid-March.

**DI preferences:** Applicants should request this information from D&D Digital Systems early enough to allow turn around time to submit by the postmark deadline. There is no charge for this material. However, there is a \$50 charge for computer matching that is due with the applicant's prioritized ranking. Requests should be addressed to:

D&D Digital Systems  
Suite 301  
304 Main Street  
Ames, IA 50010

## Submission of Application for the Sea Mar Community Health Center Dietetic Internship

- To apply to the Sea Mar Dietetic Internship, submit a centralized online internship application at DICAS' website at <https://portal.dicas.org>, by 11:59 pm of their deadline date in February (visit website to confirm this deadline).
- See the DICAS website for more information but generally, DICAS is available early December for the spring match. The fee to use DICAS is \$40 for the first application submitted and \$20 for each additional application.
- Applicants must also register online for computer matching at [www.dnndigital.com](http://www.dnndigital.com) and select dietetic internship priority choices by February deadline date at 11:59 p.m. Central Time (visit website to confirm deadline). There is a \$50 computer matching fee.
- A separate application fee of \$50 must be mailed before the February deadline to be considered for the internship. Please mail a check or money order to the address with **YOUR NAME** payable to:

Sea Mar Community Health Centers  
ATTN: Rana Nelson, MS, RD,  
Dietetic Internship Director  
8915 14<sup>th</sup> Avenue South,  
Seattle, WA 98108

## **Program Costs**

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Tuition	\$6,500
Non-Refundable Application Fee	\$50
Liability Insurance	approx. \$35
ADA Associate Membership	\$49
Washington State Dietetic Association Annual Meeting	approx \$70
Lab Coat	approx \$35
Housing	approx \$500/month
Food	approx \$200/month
Books & Materials	approx. \$200
Transporation	A car is necessary and students must arrange for their own auto insurance
Medical Insurance	Required, intern's own responsibility
*Sea Mar does NOT offer any financial aid, although there are a few scholarships from other area agencies to apply for once the internship commences. If graduates go on to work for Sea Mar or any other Community Health Center in WA state for a minimum of one year, Sea Mar will reimburse \$1,000 of the tuition at the end of that year.	

## **Graduate Requirements**

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To graduate, interns must pass each rotation with a 3.0 average scored on an evaluation form completed by the preceptor, complete all assignments, projects and required work assigned by and to the Program Director's satisfaction, have a final grade of at least 800 out of 1000 points and earn a 3.0 or higher on the Program Director's final evaluation. Make-up projects, assignments and time owed is determined by the Program Director and/or preceptors as needed to obtain required points, hours or score.

After all requirements are completed, Verification Statements with original signatures will be issued. This is typically done on the last day of the internship or graduation day. This information is found in your pre-internship preparation packet sent out in the summer.

