



What does Cinco de Mayo, coffee and community nutrition all have in common? They are all a part of the Sea Mar Community Health Centers Dietetic Internship!

Sea Mar Community Health Centers is a non-profit health and human-service organization founded in 1978. Sea Mar's Dietetic Internship offers interns a unique opportunity to work with clients from Latino and a variety of ethnic and socio-economic backgrounds. Interns gain cultural competence that adds a competitive edge in a job search. Interns celebrate Cinco de Mayo as one of their holidays, along with winter and spring breaks. Sea Mar's Dietetic Internship is located in Seattle, the Emerald City! Interns will enjoy Seattle life, with professional sports events, theatre and concerts, museums, amazing restaurants, coffee 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. 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 every day and the weather is quite temperate!

Sea Mar's 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 may start off with an intern seminar (mostly in fall and spring), where interns gather to hear dynamic speakers, discuss assignments or present case studies and work on nutrition education projects that benefit those in need in the Seattle community. Interns come together to talk about their rotation experiences and assist each other in problem-solving and conflict resolution. A vehicle and ability to check email every day is necessary for this internship. All experiences take place in the greater Seattle area; international experience is not provided. Community is the focus and designated concentration at Sea Mar Community Health Centers. 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, other community nutrition rotations include long-term care, child development, community nutrition administration and migrant/homeless services (see Generic Rotation Schedule). Each rotation differs in amount of objectives to complete and required supervised practice hours performing real-life activities such as role-playing, simulations, case studies, etc. Curriculum is reviewed and updated at minimum annually using intern and preceptor evaluations and communication & input from other internship directors, peers, past interns and Sea Mar staff. Our Dietetic Internship offers learning experiences in a multicultural and bilingual environment and is in complete alignment with our organization's mission and goals. If you love cultural experiences, enjoy water & mountains, benefit from peer interaction and have a strong passion for a career in community nutrition, the Sea Mar Dietetic Internship is for you!

Overview of Sea Mar Community Health Centers Dietetic Internship

The 38 week, full-time community-based internship begins in September/October with graduation in June. An initial one-week orientation prepares our eight interns for the experiences ahead. The time commitment range from 30 to 40 hours per week during normal business hours, but this may fluctuate

depending on rotation, preceptor hours and class time. It is possible for interns to work outside of the internship on weekends but this is very difficult to do during the week.

Program Mission: The Dietetic Internship at Sea Mar Community Health Centers is committed to providing a comprehensive learning environment for those interested in community health, offering an emphasis in experiences serving multicultural 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 DI graduates. • 12 months after completing the internship, employers will rate 85% of DI graduates as “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 DI graduates. • 12-months after completing the internship, employers will rate 85% of DI 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 program graduates secure a position at Sea Mar or other community health centers in nutrition within one year after graduation. • 12 months after completing the internship, employers will rate 85% of DI graduates as “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.”

Sea Mar Community Health Centers Dietetic Internship Program Objectives

- To have all interns complete and reach a level of satisfactory competency in the 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 low-income and non-English speaking populations by the end of the 10-month internship period
- 80% of interns will pass the Registration 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. Program outcome data measuring achievement of program objectives available upon request.

In addition to the Academy's Core Competencies required to become a Registered Dietitian, Sea Mar's Community Concentration Competencies are required to be met in the community nutrition rotations. They are as follows:

CO1. Conduct community-based food and nutrition program outcome assessment/evaluation and research

CO2. Manage nutrition care for diverse population groups across the lifespan by participating in nutrition surveillance and monitoring of communities

CO3. Develop community-based food and nutrition programs and/or a health promotion/disease prevention intervention project

Please note: Our program has a policy for assessing prior learning or competence but does not give credit for prior experience internationally.

ACEND® Standard 10.2i. Policy for Prior Assessed Learning (PAL)

Policy: The PAL program is designed to grant credit towards supervised practice hours in specific rotations of the internship based on the qualified applicant's learning/knowledge, as demonstrated through paid work or volunteer experiences. The credit is not for the experience, but is given when an applicant demonstrates an increase in knowledge and learning. Experiences considered for PAL must meet competencies required by ACEND® and must not include experiences undertaken during undergraduate/graduate education or in the process of earning a DPD verification statement. PAL credit is not given simply for college coursework.

Purpose: Ensure that the SMCHC DI has a systematic process to administer, evaluate and document PAL. If the program grants credit, supervised practice hours or direct assessment for interns' prior learning, it must define procedures for evaluating equivalence of prior education or experience.

Upon satisfactory completion of this program, graduates are eligible to become active members of the Academy of Nutrition & Dietetics.

For more information about becoming a Registered Dietitian, visit

<https://www.cdrnet.org/certifications/registered-dietitian-rd-certification>

Sea Mar Community Health Centers does not discriminate on the basis of age, race, creed, color, national origin, sex, sexual orientation, political ideology, marital status, Vietnam veteran status or any disability. We encourage you to explore Sea Mar's website to learn about our wonderful community health centers' vast array of services.

We do not offer an internship open house at this time as most time is spent offsite at rotation sites.

* This program is accredited by the Accreditation Council for Education in Nutrition & Dietetics (ACEND) of the Academy of Nutrition & Dietetics (AND), 120 S Riverside Plaza, Suite 2000, Chicago, IL 60606-6995; 800.877.1600 ext. 5400; email at ACEND@eatright.org, URL: www.eatright.org/acend.

Prior Assessed Learning (PAL)

Sea Mar Community Health Centers Dietetic Internship Program will consider the Prior Assessed Learning (PAL) program recognized by the [Academy of Nutrition and Dietetics](#) if an intern chooses to pursue obtaining credit. This program is designed to grant internship credit in specific rotations of the

internship based on the qualified applicant's previous life experiences including work, volunteer, achievement, education or family responsibilities. Typically, the individual qualifying for this credit has significant, relevant work or life experiences.

Criteria

To be considered, the applicant must do the following:

- Complete a portfolio or submit a resume. Do not submit this until **after** you have matched to the SMCHC DI. Provide samples of projects, reports, presentations, and professional practice that demonstrate advanced knowledge and skill in the area of dietetics for which assessment is requested and have a supervisor/peer be willing to validate samples provided and proficiency in such experiences
- Complete all PAL Information. The Academy's educational competencies for specific rotations in this program will be provided and the applicant must adequately show/demonstrate advanced knowledge and skill, not just work history. A current/former supervisor/peer must validate proficiency as well
- Understand that PAL credit is granted only for learning, not for experience
- Understand that fees related to PAL evaluation are equivalent to tuition
- Discuss pursuit of PAL with Program Director after accepted to the internship to allow for adequate evaluation

While you may have plenty of work or life experiences, keep in mind that you must be able to demonstrate or prove that what you claim to have learned or achieved meets the competencies required for an entry-level dietetic practitioner as outlined by the Academy. PAL credit is not given simply for experience or college coursework.

Requirements

The following requirements apply to you regardless of the amount of PAL credit for which you may qualify:

- The SMCHC Dietetic Internship program is a full-time program; you are required to complete any required supervised practice hours as a full-time intern
- Most interns who receive PAL credit will be required to complete at least $\frac{1}{2}$ to $\frac{3}{4}$ of their required hours in the rotation given credit for and omission of specific rotation projects and assignments will be determined by the Program Director with rotation preceptor input based on your demonstrated knowledge and skills
- Tuition does not change if intern receives PAL credits

Evaluation

The Program Director will:

- evaluate submitted information in a timely manner
- request additional documentation or clarification as deemed appropriate
- formulate decision related to assessment of individual intern's prior learning based on evaluation of the portfolio provided and any verification of information provided as deemed appropriate

PAL Credit

Credit is granted only for learning, not for experience. In order to identify the equivalent credit hours for your PAL request, the evaluator will be looking for completion of related ACEND competencies in your submission. Not every experience will be worth credit, but that does not devalue the experience. There is a difference in “skill-oriented” learning and “theoretical” learning.

Description of previous experience

- List the specific job, volunteer position, practicum experience, and job tasks in relation to rotation you are applying for PAL
- Describe experience: This is your opportunity to describe the experiences from which your learning is derived
- Describe what was learned. Document the learning that occurred, not just a list of what you did

You may use the same examples for the competencies when appropriate. Your discussion will include not only what you have learned (for example, I have learned to use PowerPoint) but also your deeper understanding of the knowledge. (For example, one must measure if a presentation was effective and what the audience has learned, etc.)

After evaluation of your application, credit may be granted in the following areas:

- Community nutrition (COM) – 1-2 weeks of rotation hours
- Food Service Management (FSA) -- up to 2 weeks of rotation hours
- Medical nutrition therapy (MNT) – 2-3 weeks of rotation hours

Questions

If you have questions or concerns or need further clarification, or if you think you qualify, please contact: ranelson@seamarchc.org

Application Guidelines for the Sea Mar Community Health Centers Dietetic Internship

Students will be considered for admission only if they have completed an Academy of Nutrition and Dietetics' accredited didactic program in dietetics. Applicants must have a verification statement from a Nutrition and Dietetics Didactic Program (DPD) or Foreign Dietitian Education program (FDE) and must have earned at least a bachelor's degree in nutrition, dietetics or an equivalent program granted by a U.S. regionally accredited college/university or foreign equivalent.

A strong background in science and high academic performance are desired. Experience, whether volunteer or paid, in clinical nutrition (hospital or long-term patient care), food service and community nutrition is highly desirable. Finalist candidates will be evaluated in a telephone interview in mid-March. We do not contact each applicant if not selected for an interview ~ sorry!

Qualified applicants are evaluated based upon the following criteria: (not necessarily in any prioritized ranking)

I. Overall GPA Applicants must have an overall GPA greater than 2.75. We do not track average GPA of accepted interns.

2. DPD GPA >3.0 desired

3. Recommendation Scoring Forms

When completing the application form, applicants must include a name and e-mail address for each reference. This will trigger an e-mail 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, only the DICAS scoring form, so if Sea Mar is the only internship you are applying for, a letter is optional.

4. Personal statement

Applicants who apply to internships using DICAS will be asked to complete a personal statement no longer than 1000 words. Questions to be addressed in the personal statement include:

- Why do you want to enter the dietetics profession?
- What experiences 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?

Please also include the following in your personal statement:

- Reasons for applying to the Sea Mar internship specifically?
- Would you stay in Seattle after the internship?
- Would you consider working for Sea Mar?

• Experiences working with diverse populations.

- Language skills – indicate any languages you speak, how you obtained those language skills, and the level at which you speak (i.e. high school and/or college courses and time frame for all, time spent in non-English speaking countries, fully bilingual, bicultural, etc). Bilingual/Bicultural applicants receive full points on application screening form in those categories.

Note: Because Sea Mar supports the education and employment of dietitians in clinics which serve a multicultural 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 Spanish. We urge all students who have a strong passion and desire to work in community health to apply, regardless of language skills. Final candidate selection depends on the qualifications of the applicant pool.

5. Work/Volunteer experience

Volunteer or work experience in clinical/community nutrition, experience in working with a multicultural population and an expressed desire to work in a community or public health career are desirable attributes for internship applicants to possess.

6. Interview (if applicable)

Selected applicants will be asked to participate in a short telephone or personal interview with our selection panel by mid-March. An in-person is not required or advantageous in any way.

7. Dietetic internship preferences

All applicants must participate in computer matching. Applicants should request instructions to prioritize their DI preferences. Applicants should request this information from D&D Digital Systems early enough to allow turnaround time for submitting by the postmark deadline. There is no charge for this material. However, there is a \$55.00 charge for computer matching due with the applicant's prioritized ranking. Requests should be addressed to:

D&D Digital Systems Suite 301

304 Main Street Ames, IA 50010 <https://www.dndigital.com>

Submission of Application for the Sea Mar Community Health Centers Dietetic Internship

1. 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 established by The Academy of Nutrition and Dietetics. Fees associated with this centralized application process are \$45 for the first application, and \$20 for each additional application (visit DICAS website to confirm this deadline, fees and more information but generally info is available early December for the spring match.) The Sea Mar Dietetic Internship participates in the spring computer matching application process. Official transcripts from all colleges and universities attended should be sent to: DICAS- Transcript Dept PO Box 9118 Watertown, MA 02472
2. Applicants must also register online for computer matching through <https://www.dnddigital.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 \$55 registration fee. All applicants must follow the instructions for Notification and Appointment days on DND Digital website. All 8 interns are received during First Match.

*3. A separate APPLICATION review fee of \$50 must be mailed to Sea Mar postmarked before or by February 15th to be considered for the internship (no need to overnight payment and we will contact you if your payment was not received). Please mail a check or money order (please do NOT send cash) to the address below with same APPLICANT NAME on DICAS application in the check/money order memo line (especially if made out by someone other than applicant or if name on check is inconsistent with DICAS application name, maiden/married name, etc.) payable to:

Sea Mar Community Health Centers
ATTN: DIETETIC INTERNSHIP APPLICATION
8915 14th Avenue S, Seattle, WA 98108

Graduate Requirements

To graduate, all interns are required to complete at least 1200 hours of supervised practice. These hours may include direct/hands on supervised practice (minimum 900 hours), simulation, case studies or role-playing alternative learning experiences (less than 300 hours).

Interns must pass each rotation with a 3.0 average scored on each evaluation form completed by the preceptor, all assignments must be complete with a passing grade, 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 (it is possible to graduate with a lower score, but this effects whether Program Director will be able to write a recommendation for the graduate). 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 and final evaluations of the Sea Dietetic Internship are submitted from all interns, verification statements with original signature will be issued. This is typically done on the last day of the internship. This information is included in the student handbook sent out prior to the start of the internship orientation. For more information about Sea Mar's Dietetic Internship program, contact Rana Nelson, MS, RD at ranelson@seamarchc.org (preferred) or call 206-764-8074 Good luck on your internship application process!

Program Costs

Tuition **\$6,500** if paid in full first day of internship or can pay in three installments of \$2600 due first day internship, \$2,000 due December 1 and \$2,000 due March 1 (\$100 administrative fee added if installment option selected. Tuition may be paid by credit card.

Non-Refundable Application Fee \$50

Liability Insurance approximately (~) \$20-35

ADA Associate Membership ~ \$50

Washington State Dietetic Association Annual Meeting ~ \$90

Lab Coat (may not be required; do not buy beforehand) ~ \$35

Housing ~ \$600-800/month

Food ~ \$200/month

Books & Materials ~ \$100

Transportation - A car is necessary and students must arrange for their own auto insurance.

Medical Insurance Required, intern's own responsibility.

Intern may be required to pay for a national background check (~\$50) and/or drug screening (~\$25) for site placement

*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 Washington state for a minimum of one year, Sea Mar will reimburse \$1,000 of tuition at the end of that one year anniversary of employment.