**Major Map**

### Dietetics - Bachelor of Science in Dietetics

**Minors include Health Promotion, Public Health, Journalism, Psychology, General Business, Entrepreneurship**

**URL for Undergrad Catalog - bgsu.edu/catalog.html**

#### Class Options

**Freshman**
- Complete, FN 1010, FN 2100, and FN 2070. Meet with program advisor to discuss core courses, possibility of a minor, and degree requirements.

**Sophomore**
- Begin General Chemistry sequence: CHEM 1250 and 1270/1280. Complete FN 3100, 3260, and 3350 and BIOL 3320. Continue to meet with program advisor to ensure you are on track.

**Junior**
- Begin 4000 level Food and Nutrition core classes and begin Organic Chemistry and Biochemistry (CHEM 3060 and 3080) sequence.

**Senior**
- Complete major requirements including Senior Seminar, Experimental Foods, and Medical Nutrition Therapy. Finalize classes for a minor. Prepare application for Dietetic Internship.

### Good Advice

- Meet with your Academic Advisor/Director of the Dietetics Program regularly to discuss your graduation plan. Start building your resume with work and volunteer hours.

- Interview an RD, explore opportunities on campus and in the community to apply course concepts.

- Get involved! Join the Student Nutrition Association (SNA) and the Academy of Nutrition and Dietetics (the Academy) as Student Members.

- Review Study Abroad opportunities for summer options to enhance your learning.

- Leadership and Peer Educator Groups. Complete Goal Project for FN 1010 to start thinking about what a successful student and professional in Dietetics looks like. Also, register for the Falcon Internship Guarantee through the BGSU Career Center.

### Relevant Experience

- Utilize the Learning Commons and attend SI sessions. Consider declaring a minor in areas of interest, such as Health Promotion, Public Health, Business/Entrepreneurship, or Psychology. Continue meeting with your academic advisor.

- Shadow RDs in your home or local community. Obtain a job or volunteer in a health-related area. Serve as a tutor or learning assistant for FN 2070 or 2100.

- Work at summer Diabetes Camps or other opportunities that allow you to work hands-on with clients. Become a research assistant with BGSU faculty.

- Become a Peer Educator, obtain work/volunteer positions in a health-related field, become an officer in SNA. Find your own ways to be involved.

- Keep meeting with SNA and pursuing professional endeavors. Attend the Annual Food and Nutrition Symposium on campus to learn about hot topics in nutrition and network with local professionals.

- Present study abroad or other cultural experiences to SNA and faculty. Get involved in local activities that support the mission of global hunger initiatives.

### Useful Connections

- Continue membership in SNA and the Academy. Attend local meetings with the Northwest Ohio Dietetic Association. Explore student opportunities with professional groups. Attend professional meetings, such as the Food and Nutrition Conference and Expo (FNCE).

- Consider a minor in a foreign language if you would like to work internationally. Fellow organizations or individuals on social media who work on global food and nutrition issues.

- Investigate Peace Corps Options or the Military. Study abroad in the summer after junior year.

- Work on goals: how to be a successful student and professional. Continue contact with RDs, investigate all areas of dietetics, read the daily emails from the Academy to stay current on nutrition “hot” topics, be open to all class information, and continue to develop ePortfolio or social media presence.

### Global Views

- Take the GRE. Create plans for after graduation: internship, grad school, dietetic technician exam, certified dietary manager exam. Update resume.

### Graduation & Beyond

- Get accepted into and complete a Dietetic Internship
- Begin graduate school
- Pass the National Exam for Registered Dietitians
- Clinical Nutrition in a variety of facilities including hospitals, clinics, schools, and residential/rehabilitation organizations
- Supermarket RD
- Sports Dietitian
- Community Nutrition Partner

### Points of Pride

**FULLY ACCREDITED DIETETICS PROGRAM**

- Growing program, yet continue to know students by name
- Many students accepted into the Honors Program
- Faculty research
- Annual Food and Nutrition Symposium
- Internship Directors consistently rank our graduates “as good as” or “more prepared” compared to their peers
- Active Student Nutrition Association
- Growing Student Research Programs
arrie Hamady, a lecturer and coordinator of undergraduate dietetics in the Department of Public and Allied Health, recently won the Innovations in Dietetics Education Award at the Food and Nutrition Conference and Expo (FNCE), at the Academy of Nutrition and Dietetics annual meeting, with her presentation “Using Twitter to Enhance Engagement in Undergraduate Nutrition Courses.” FNCE is the world’s largest meeting of food and nutrition professionals.

She and colleagues Drs. Mary-Jon Ludy and Dawn Anderson used an innovative teaching grant to develop new ways to structure their classes. Graduate student Molly Kayser was also involved with the project. “We wanted to integrate more technology into our coursework to prepare our students for 21st-century health-care education and to teach them to use Twitter professionally,” said Hamady.

To prepare students with the professional use of social media, Hamady will sometimes replace in-person class sessions with Twitter chats about the assigned reading. Similar to an online class but “in real time,” she said.

Faculty uses Twitter when attending conferences to share the proceedings with students. Faculty and students follow other scientists and registered dietitians to stay relevant and keep in touch with other professionals.

Social media is increasingly the communication venue of choice for nutrition information. “Dietitians working with clients with eating disorders, for example, will text their clients with supportive messages and reminders,” Hamady said.

“Our BGSU graduates will have social media among their tool kit to excel in their careers.”

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I can’t say enough good things about the professors, the dietetics department, and the Honors College. Without Dr. Ludy I wouldn’t be nearly as successful as I have been. She helped me with edits and pushed me along while encouraging me to try new things. I wouldn’t have even thought about presenting at a conference if it weren’t for her.

— Lauran Yacapraro