

Email not displaying correctly? [View it in your browser.](#)



Message from the Editor

Welcome to the Spring 2013 issue of *The Beat!* Are you ready to grasp the opportunities ahead of you? This issue will encourage and equip you to do just that:

- [Carol Lapin](#) (MS, RD, CSSD, LD, former collegiate athlete, and entrepreneur) talks about the winding road that's brought her professional success and satisfaction.
- Ever thought of Texas? Consider Texas Woman's University, the focus of this quarter's [grad program](#) and [DI spotlights](#). Not only are the programs phenomenal, but the temperature in Houston has hovered around 55 since February...
- Are you preparing to apply for a [dietetic internship](#) or to [graduate school](#)? To make the most of opportunities, you gotta be prepared. Check out these articles for tips and strategies to navigate the process.



Great things lie in store for you – be open to seizing them and equipped to succeed.

-Eva Kaminski, Human Nutrition and Foods Student, University of Houston

Table of Contents

- [RD Spotlight: Carol Lapin](#)
 - [Graduate Program Spotlight: Texas Woman's University](#)
 - [Dietetic Internship Spotlight: Texas Woman's University](#)
 - [Getting the Internship You Want](#)
 - [Tips: Applying to Grad School](#)
 - [Events & Opportunities](#)
-

RD Spotlight On...

Carol Lapin, MS, RD, LD



Carol Lapin, MS, RD, CSSD, LD, has paved the way for aspiring nutrition students and young dietitians. Although modest about her endeavors, she has had a successful career that makes her an excellent fit as the SCAN Chair for 2014-15.

Carol's career started as a teacher and track coach. She then became an exercise specialist, interested in teaching and coaching at the Sid W. Richardson Institute for Preventive Medicine at The Methodist Hospital in Houston Medical Center. Carol said, "It was one of the first wellness programs in the country and where I met an impressive group of RDs, including Molly Gee, Nema Frye, and Lynn Scott. After working with them, I realized I wanted to go back to school to become a registered dietitian."

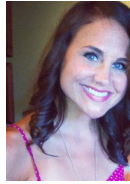
When asked what led her to sports nutrition, Carol remembers clearly what piqued her interest. "I ran track at the University of Texas, and I became interested in how food could impact my performance," she says. "At that time, nobody around me seemed to have the answer. I decided to pursue a career in nutrition, after writing my thesis at Texas Woman's University (TWU) on the nutrition knowledge of Texas high school coaches. I went on to teach the first sports nutrition class offered at TWU Graduate School. There was no 'sports specialty certification' (CSSD) at the time, although I acquired the certification when it became offered and I worked full time in sports nutrition. I began working with the Houston Astros Baseball Club, and counseling almost exclusively male professional athletes. I also met with golfers, race car drivers, basketball players, and a variety of other sports professionals."

What was a common topic with these athletes? Lapin shared, “When I worked for the Astros, 75% of the time they asked me about supplements. I did a lot of speaking and you never know what they are going to ask you. It’s an adventure...keeps you on your toes. I read to learn more all the time, but there were so many new trends and new supplements continuously out on the market that it was difficult to keep up. I relied on advice from other sports RDs like Ellen Coleman, SCAN members, and contacted researchers in the field like Melvin Williams. You can’t know everything. It’s okay to say ‘I don’t know— I’m going to check on it.’ Nutrition is not a belief system. There is science or not, so look at the studies.”

After working for many years in sports nutrition, Carol said it was time for a change. “I switched gears five years ago and started working in new areas. I do more clinical work now, as well as public relations, marketing, and much more culinary, especially recipe development and menu analysis for restaurants.” Carol is working with another registered dietitian, Paula Thomas, to develop a website database of restaurant menu nutrition information. The project is intended to create a resource for the public to use when dining out. With recent legislation soon requiring nutrition fact information for restaurant menus, Lapin has not seen a shortage in opportunity. Together, Lapin and Thomas currently are working to encourage contributions from restaurants within the Houston area, with a goal to provide “healthy” dining information about local restaurants not impacted by federal requirements (houstonrightdining.com).

“I wasn’t interested in anything but sports, but, over time, that changed. I became interested in other things as new opportunities came to me, as companies or people would ask, ‘Would you do this, would you work with this [population]...? Keep an open mind—don’t write anything off. You don’t know the direction you’re going to go in your career. Many opportunities may come your way. ”

So what motivates Carol, as a dietitian? “‘Life-long learning’ is still enjoyable. You can know more, but you can’t know it all. I write a lot...and in everything I do, I learn. It makes me better and I still enjoy it. And the thrill? The best part is that we can make a difference. You want to reach people. When you can have an impact on somebody, [it is] so rewarding. We are in a great profession, because we can impact both the quality and the quantity of people’s lives.”



By Sara Shipley, Nutrition, Dietetics and Food Management Student, University of Central Oklahoma

Graduate Program Spotlight

Texas Woman's University

Texas Woman's University, with locations in Houston and Denton (near Dallas), offers prospective students two options for post-graduate degrees in Nutrition.

Masters of Science (MS) in Nutrition

Graduate students will be exposed to in-depth knowledge about nutrition across various populations. Some unique classes offered include Women's Health, Vegetarianism, and Eating Behaviors and Eating Disorders. Upon completing the MS program in Nutrition, students are prepared to hold leadership positions in a wide spectrum of health-related fields. Contact [Ronald Hovis](#) for more information.

Masters of Science (MS) in Exercise and Sports Nutrition

Prospective students should have a BS in either Nutrition or Kinesiology. The MS in Exercise and Sports Nutrition prepares graduate scholars to work in a variety of settings, including university and collegiate athletics, public schools, or rehabilitation centers. With courses such as Nutrition & Exercise and Cardiovascular Response to Exercise, students are well prepared to work in the emerging field of sports nutrition. Contact [Dr. Nancy DiMarco](#) with further questions.

TWU Graduate Program Tracks

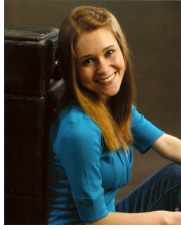
Masters of Science in Nutrition: Coursework only; minimum of 42 hours

Masters of Science in Nutrition: Thesis; minimum of 30 hours

Masters of Science in Exercise & Sports Nutrition: Coursework only; minimum of 43 hours

Masters of Science in Exercise & Sports Nutrition: Thesis; minimum of 34 hours

Contributed by Kailey Proctor, Dietetic Student at Virginia Tech



Dietetic Internship Spotlight

Texas Woman's University in Houston's Medical Center

The Dietetic Internship with Texas Woman's University-Houston combines graduate study and clinical experiences leading to a Master of Science Degree in Nutrition. The emphasis of the program is Medical Nutrition Therapy and provides students unique opportunities to study nutrition in the classroom, as well as in a variety of affiliated health-care institutions and emerging clinical settings.

Program Sites

Major supervised practice experiences are located in the Houston metropolitan area:

- Memorial Hermann Health Care System
- St. Joseph Medical Center
- Harris County Hospital District Hospitals and Clinics
- DaVita Dialysis Centers
- Houston Independent School District
- Elective emerging practice settings

Special Opportunity: Dietetic Interns may apply to be a Fellow in the Baylor College of Medicine Leadership Education in Adolescent Health Program (LEAH).

Program Details

- Total supervised practice hours: 1240
- Supervised practice hours per week: 32-40
- Enrollment: 12
- Application Fee: \$40 through DICAS and \$50 to the Graduate School
- Tuition and Fees: \$12,900 for resident and \$27,870 for non-resident (thesis option); \$16,300 for resident and \$34,750 for non-resident (coursework option)
- Graduate Credits Offers: 45-57 credit hours including 21 credits for internship experience
- Program Dates: Fall Semester

For more information regarding classes, program, and application information, visit [Texas](#)

[Woman's University DI webpage](#) or contact DI Director, [Rose M. Bush](#), MS, RD/LD.



Contributed by Pui Lun Christin Chan, Dietetic Student at Kansas State University

Get the Internship You Want...

...By Being the Intern Directors Want

Across the country, over 4,000 future dietitians are waiting to hear if they have been matched with a dietetic internship (DI). In fact, by the time you are reading this, the results for 2013 will already be public and, unfortunately, a number of students will be disappointed in the results. Due to the limited availability of DI openings each year, you should start planning now to be as competitive as possible during the application process, so your outcome for placement will be a success. Here are three suggestions to help you with that:

1. Focus on factors within your control.

There are many variables that determine who gets a spot in a dietetic internship. Spend your energy on variables within your control. For example, you cannot control who else applies to the same internship that you do, but you can control your GPA. According to surveys of DI Directors, academic success is one of the key factors in the selection process, and many programs have a minimum GPA requirement. A high GPA is considered a good indicator of your dedication and willingness to work hard to achieve your goals.

Show you have the initiative to gain experience outside the classroom. DI directors are looking for well-rounded students who have experience within the dietetics field. Paid experience is ideal, but volunteer work in a dietetic setting is also valued. Consider volunteering at your local food bank or in the dietary department of a nursing home. Become involved as a student member of the Academy of Nutrition and Dietetics ("the

Academy") or SCAN. [The Academy's Student Central](#) website and [SCAN's Student Corner](#) make great resources for finding work experience options.

2. Use the resources available to you.

Although you may feel that you don't know what DI Directors are looking for, there are many resources to help you figure it out. Begin by familiarizing yourself with the application on the [Dietetic Internship Centralized Application Services](#) (DICAS) website. Most programs receive at least some applicant information through this web service and anyone can open a DICAS account, even if they are not currently in the application process. [The Academy Student Center](#) has information about the DI matching process.

Seek out your Didactic Program Director (DPD) for guidance on what DI Directors want and get their help navigating the application process when the time comes.

If you have already received your DPD (or even if you haven't), consider asking an RD to mentor you. They have all successfully completed the application process and can help you identify next steps in getting into a DI. If the idea of cold calling an RD in your area isn't comfortable for you, go to the mentor matching service offered to Academy members.

Finally, utilize the web to investigate DI programs that you are interested in, so you can identify requirements. For example, some programs combine graduate school with their DI curriculum, and you may be required to take the GRE. Be sure to be aware of the minimum GRE scoring requirements. Make certain you pay attention to when GRE testing is offered, so the results will be available before your DI application is due.

3. Learn how to describe yourself in applicable terms.

The DI application requires you to submit a personal statement that explains why you want to enter the dietetics profession, the experiences that have prepared you to become an RD, your short and long-term goals, and your strengths and weaknesses. DI directors are looking for all of this information, so learning to communicate it effectively is critical. For example, perhaps you don't have work experience in a dietetics field, but you have worked in public relations for a design firm. You can emphasize your ability to communicate clearly and work in a team setting, both of which are important as an RD.

Interviewers for most jobs frequently ask the applicant to describe their weaknesses. If

your application asks you to list weaknesses, be honest about areas you may need to work on. The most important thing is for it to be something resolvable, or an area in which you can improve, and to show you are trying to solve the issue.

By thinking about and preparing for the application process, you can improve your chances of being the intern that DI directors want. You can acquire the DI position you really want and be on your way to becoming an RD.



By Stephanie Dunne, Lehman College, City University of New York

Tips on Applying to Grad School

When you're neck-deep in spring coursework, planning for grad school can easily be relegated to something to think about "later." Rather than putting off the whole process, it's a good idea to invest a little time consistently over several months. Lay the groundwork in late spring/early summer for the best possible application with the least amount of stress.

The Beat spoke with Kathy McWilliams, graduate coordinator for the [Department of Nutritional Sciences at the University of Texas at Austin](#), for an insider's advice on how to land the spot you want in a program that fits.

May: Begin researching potential grad schools.

- Look for faculty already working in your area of interest. Some students assume they can work on any research topic when, in fact, most graduate programs encourage research within their faculty members' areas of expertise.
- Students are often employed to work on projects supported by grant funds. These can dictate the topic of research – often that of the supervising professor, or extremely close to it.
- All programs list the research interests of the faculty on their web pages. Each program has its own strengths and these may vary a great deal between Nutrition departments. Visit pubmed.com to look at the publication history of

particular faculty members. Those who are actively publishing research will have more projects, energy, and enthusiasm for new graduate students.

- Plan to apply to more than one school or program! Don't put all your eggs in one basket.

June: Take a GRE practice test and register for the GRE, if necessary.

- Check with your programs of interest to see if they require the GRE and if they require any specific subject tests. Many programs only look at the GRE general test and primarily consider the verbal and quantitative scores.
- Don't skip studying for the GRE! Many universities use the GRE as a metric in scholarship and fellowship funding. There may be a minimum GRE score required to be considered for funds, particularly for the largest, most prestigious, and therefore most competitive awards.
- If you have trouble with standardized tests (your SAT is a good indicator), take a GRE preparation class. Even if you're confident, take practice tests to prepare for the grueling length of the test, and to highlight areas where you need to study more (vocabulary, anyone?).
- Be prepared to retake the GRE if you are not satisfied with your score. Generally speaking, faculty will applaud your effort and tenacity to attain a better score.

"Over the years, I have been amazed at how many students do not take the GRE seriously," says McWilliams. "While it is just one piece of your whole application package, a good score potentially flags you for additional financial awards."

"On a related note," she adds, "Don't let your grades slip! Especially in your last two years of upper division coursework. Admissions committees take grades very seriously and will not consider applicants with an upper-division (junior and senior level) GPA below a 3.0. Faculty members want to see you are academically prepared and excel in the subject matter that will be the core of your graduate work. Also, at many universities, you cannot work as a teaching assistant if your GPA is below a 3.0."

So get started on this exciting next step in your career path - and good luck!

Interview by Eva Kaminski, Editor

Applying to Grad School, Part 2: Check out the next issue of The Beat for what makes a great graduate school recommendation letter—and how to get one!

Events & Opportunities

SCAN's 2013 Symposium

April 26-28 | Chicago, IL

The SCAN Symposium offers a multitude of sessions ranging from social media training to developing client meal plans. This is an event not to be missed! Join us for three days of education, fun, and opportunities. Student discount available. [Click here to learn more.](#)

Help Wanted: Student Bloggers

SCAN students and interns are invited to submit posts for consideration. Topics should stick to SCAN's mission, though anything fresh is great! Please include a blurb about yourself when submitting (education, interests, social media).

If you're a blogger yourself, this is also an opportunity for you to share the link to your own (nutrition-related) blog. Address and inform while increasing your readership. [Click here to visit the student blog](#), and contact [Gina Lesako](#) to get involved.

Student Corner

Visit [SCAN's Student Corner](#) to read about the experiences, goals, and interests of other SCAN students.

SCAN's *The Beat* is a quarterly publication of the Sports, Cardiovascular, and Wellness Nutrition (SCAN) Dietetic Practice Group of the Academy of Nutrition and Dietetics. April 2013 issue.

Editor, Eva Kaminski
eva.p.kam@gmail.com

SCAN RD Spotlight Editor, Sara Shipley
sshipley171@gmail.com

Graduate Program Spotlight Editor, Kailey Proctor
kailey18@vt.edu

Dietetic Internship Spotlight Editor, Pui Lun Christin Chan
puilunchristin@gmail.com

Contributor, Stephanie Dunne
stephs3000@yahoo.com

Managing Editor, Carol Lapin, MS, RD, CSSD
cslnutritionalservices.com | carol.lapin@yahoo.com

Connect with SCAN!

HOME <http://www.scandpg.org/>

FACEBOOK <https://www.facebook.com/scandpg>

TWITTER <https://twitter.com/scanutritiondpg>

1.

You are receiving this message because you are a member of SCAN - Sports, Cardiovascular, and Wellness Nutrition, a dietetic practice group of the Academy of Nutrition and Dietetics.

[Unsubscribe](#) <<Email Address>> from this list.

Our **NEW** mailing address is:
6450 Manchester Road, Cleveland, OH 44129
Copyright (C) 2013 SCAN - Sports, Cardiovascular, and Wellness Nutrition All rights reserved.

[Forward](#) this email to a friend