



DHIN

DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY



Department of Dietetics and Human Nutrition Newsletter

August 2012

Welcome from Dr. Sandra Bastin, Department Interim Chair

IMPORTANT DATES

Welcome back! I am excited to get another semester underway in the Department of Dietetics and Human Nutrition. We are proud to offer you FIRST-rate experiences in quality instruction and undergraduate research and community service opportunities.

Our mission is to assist you in fulfilling your dreams in the field of dietetics and human nutrition. By acquiring knowledge and practical experiences, you will be able to apply that knowledge in the real world. Faculty and staff are here to mentor you to reach your full potential. Of course, you too must have a passion for all things related to dietetics and human nutrition and be dedicated to putting forth your best effort to succeed.



The Department of Dietetics and Human Nutrition is committed to being FIRST in Focus, Innovation, Respect, Success, and Teamwork. Stop by any time to share your praises or challenges with me as you grow towards your chosen profession.

Joyfully,
Sandra Bastin, PhD, RD, LD, CCE
Department Interim Chair and Extension Professor
Dietetics and Human Nutrition
203 A Funkhouser
University of Kentucky
Phone (859) 257-3800

August

- **August 20-21** - Monday and Tuesday - Opening-of-term add/drop for registered students
- **August 21** - Tuesday - Last day a student may officially drop a course or cancel registration with the Registrar for a full refund of fees
- **August 22** - Wednesday - Payment deadline of registration fees and/or housing and dining fees-if total amount due is not paid as indicated on the account statement, a late payment fee of 1.25 percent of the amount past due will be assessed
- **August 22** - Wednesday - First day of classes
- **August 28** - Tuesday - Last day to add a class for the 2012 Fall Semester
- **August 28** - Tuesday - Last day to officially withdraw from the University or reduce course load and receive an 80 percent refund

September

- **September 3** - Monday - Labor Day - Academic Holiday
- **September 12** - Wednesday - Last day to drop a course without it appearing on the student's transcript
- **September 19** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund

Welcome Our New Instructor- Dr. Dawn Brewer, M.S., R.D., L.D

Dr. Brewer joined the Department of Dietetics and Human Nutrition in 2012 as a lecturer and DPD director.

Dr. Brewer has been involved in obesity-focused research in public health, clinical, community and basic science settings. She is very passionate about nutrition and student education. Dr. Brewer is a member of the Academy of Nutrition and Dietetics.

PhD – Foods and Nutrition, University of Georgia, 2009

MS- Foods and Nutrition, University of Georgia, 2003

Dietetic Internship Iowa State University, 2001

BS – Nutrition Science and Applied, 2000

New Human Nutrition Major Requirements

All incoming freshman will be required to follow the new requirements. Any HUNU student that declared their major before the end of the spring 2012 semester has the ability to CHOOSE which group of classes to take between:

Old Requirements	New Requirements
BIO 150/148	BIO 148
BIO 152	BIO 152
BIO 151	BIO 155
BIO 153	BIO 208
Communications Course - fulfilled with WRD 110 & WRD 111 UK CORE sequence	PHI 305 - as a core requirement, does not fulfill professional support hours

You now have the choice to take both BIO 151 or BIO 153 or only take BIO 155. If you have already taken one of the BIO (151 or 153) labs it is probably in your best interest to stay with the old requirements. You will need to speak with your pre-professional advisor regarding Medical, PA, Pharmacy, or Physical Therapy requirements regarding biology labs. You may need to take BIO 209 or an upper-level biology lab if you do not take the BIO 151 and 153 sequence.

It is VERY important to understand that you have to choose one plan COMPLETELY, meaning it is all or nothing. Please speak to your advisor about which set of requirements would be best for you.

You are invited to join the Student Dietetic & Nutrition Association

This is a great way to become more involved with volunteer and leadership opportunities in the dietetics, nutrition, and medical fields. All meetings are held in Erikson Hall Room 203.

Upcoming meeting dates:

UK Career Center Corner- Interview Skills for Professional School and Internships

Are you planning on completing an interview for professional school, a dietetic internship, or a new job soon? If so, please take the time to read several tips from the UK Career Center.

- Do your homework. You'll be more confident and prepared if you go into an interview situation knowing what's expected of you, and knowing about the opportunity you're interviewing for. Bring multiple copies of your resume and references, and make sure they're kept neat and unwrinkled in a folder.
- Be on time! In fact, plan to arrive 15 minutes early. You won't be rushed and you will show that you're punctual and prepared.
- Dress professionally. It's always better to be overdressed and more traditional than too trendy or casual. If possible, find out the expected dress code. In an interview, a business suit is usually a safe choice. In most industries, conservative is better.
- Send thank-you notes. This small gesture can make a world of difference when you're being considered against other candidates. Anytime an employer gives you their time, whether it's a formal or informal setting, be sure to email them within a day and follow up with a hand-written thank you note. You want them to know that their time was appreciated and valued, and that you enjoyed learning more about their company and the open position.

Practice Makes Perfect

Everyone can use help improving upon their interview skills. After your resume and cover letter are critiqued, consider making an appointment for a practice interview with the UK Career Center. During a practice interview, a career advisor will simulate an actual interview experience by going through interview questions you would likely encounter at a job interview. Afterwards, you will be evaluated and given some constructive feedback on the three main components that employers look for in job candidates.

The first is content, the hard and verifiable skills and experiences you possess which are found on your resume. The second is your presentation. You need to present a resume that is tailored to the position, clear, concise and well written as well as appear professional and competent in person. A career advisor can discuss other presentation techniques such as what to bring to the interview, what attire is appropriate based on the setting and industry, and the importance of prompt thank you notes. The third factor you'll discuss is your personality and non-verbals.

Call the Career Center at 859-257-2746 to schedule an appointment for a practice interview. These appointments are for one hour and fill up quickly so you will want to schedule this at least one week prior to the actual interview. The more information the Career Counselor has in advance, the more tailored and relevant the practice questions will be for you. Before your appointment make sure to email a copy of your resume to the Career Counselor. In addition, it is a good idea to review and practice some interview questions prior to the appointment. The more familiar you are with the questioning process, the more you will gain from the practice interview session.

