



DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY



Department of Dietetics and Human Nutrition Newsletter

September 2014

Welcome to our new DHN Instructor, Aaron Schwartz



My name is Aaron Schwartz and I am originally from Northern Kentucky. I obtained my Bachelor's degree here at the University of Kentucky in 2009 and completed my internship thereafter at The Christ Hospital in Cincinnati, OH. After the internship I worked as a Clinical Dietitian at The Christ Hospital for three years. The experiences I have had as an intern and as a preceptor have been

phenomenal and have opened doors in places I didn't think possible! I then decided to move back down to Lexington to pursue a Master's degree. As a graduate student, I served as a teaching assistant for DHN 101, 212 and 302. I enjoy all areas of Dietetics and my experiences have helped me discover a love for teaching and building in to people. I am very excited to start a career as a lecturer here at the University of Kentucky!

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IMPORTANT DATES

September 2014

- **September 1** - Monday - Labor Day - Academic Holiday
- **September 3** - Wednesday - Last day to add a class for the 2014 Fall Semester
- **September 3** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive an **80** percent refund
- **September 4** – CAFE Picnic, 4:00 pm, Good Barn
- **September 9** – HES picnic, 3:30 – 5:30 pm, Erikson Hall Patio
- **September 17** - Wednesday - Last day to drop a course without it appearing on the student's transcript
- **September 17** - Wednesday - Last day to change grading option (pass/fail to letter grade or letter grade to pass/fail; credit to audit or audit to credit)
- **September 24** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive a **50** percent refund

October 2014

- **October 6-November 26** - Monday through Wednesday - Students are prohibited from changing academic majors
- **October 20** - Monday - Midterm of 2014 Fall Semester

Success Tips for Starting off the New Academic Year

From The College of Agriculture, Food & Environment School of Human Environmental Sciences Faculty & Staff

The first few weeks on campus are important for all students. Here are some tips to help you have a successful academic year and beyond:

- Meet and get to know your **advisor**...your advisor is here to help you succeed!
- Got **questions**? Ask for assistance as soon as you have a question. Your advisor is a good starting point. Also, the Advising Resource Center in 112 Erikson Hall (257-2855) can help.
- **GO TO CLASS!!**
- Get **organized!** Use a **planner** or **calendar** on your phone, computer, wall or desk to keep track of assignments, tests, quizzes, and meetings.
- Read each **syllabus** closely. Mark important dates in your planner.
- Stay **healthy**: exercise, eat right, and drink plenty of water.
- Join **student organizations**: Student Dietetic and Nutrition Association, Phi Upsilon Omicron, Bluegrass Academy of Nutrition and Dietetics, Academy of Nutrition and Dietetics, UK Association of Family and Consumer Sciences
- Turn off your **cell phone** in class.
- Check your **UKY email** often.
- Keep track of your **money** and plan your spending carefully.
- Take advantage of study **resources** on campus.
- Make **connections** with students in your classes.
- Meet with your **professors**. There are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors serve as wonderful resources for information in their field. Get to know them and let them get to know you; someday you may call on them to write a letter of reference for you. Professors schedule office hours for the purpose of meeting with students—take advantage of that time.
- Seek a **balance**. College life is a mixture of social and academic happenings. Study hard, but get involved with clubs and organizations, too, and allow some down time for yourself!

The Academy of Nutrition and Dietetics'
Food and Nutrition Conference and Expo (FNCE) Information- Atlanta, GA
Sunday, October 19th (first session at 3:00 PM) – Tuesday, October 21st (last session ends at 3:30 PM)

Join over 10,000 of your colleagues in Atlanta where you can enhance your knowledgebase through over 130 educational sessions focusing on what you need to know, including social media, technology and leadership. [Learn More »](#)

The Expo also provides your connection to more than 350 companies whose goals are to educate, demonstrate and disseminate information. Meet face-to-face with company representatives to update you on the latest technologies, discover new and innovative products and services and uncover emerging trends in the nutrition industry.

There are also special opportunities just for students which include:

Student Reception

Student Reception Omni Hotel at CNN Center, Room TBD Sunday, October 19th from 5:30 – 7:00 p.m. Meet and mingle with fellow dietetic students and interns from all over the country while enjoying complimentary light hors d'oeuvres and soft drinks.

Student Internship Fair

Omni Hotel at CNN Center, Room TBD Sunday, October 19th from 5:00 – 7:00 p.m. Obtaining an internship in this competitive landscape can be difficult. The student internship fair, hosted by NDEP, is designed to help students meet and network with dietetic internship directors from all over the United States.

Over 100 internships will have faculty and/or interns available to discuss their program and admission criteria, and to distribute program handouts or brochures. Come prepared with your questions and bring your resume and/or business cards to leave with the internship(s) of your choice. Read more:

<http://www.eatright.org/FNCE/content.aspx?id=6442469865>

Center for Career Opportunities

Share your résumé, skills and goals one-on-one with potential employers from across the country. This is a rare opportunity for students to meet with employers recruiting for available positions, as well as educational institutions providing information on available graduate programs and offering guidance on how to get noticed in the field.

Meet the Career Experts

Take your professional preparation to the next level by signing up for a session at this career counseling event. Pre-register for a private consultation and learn how to maximize your strengths to achieve your career goals. Students pay only \$45 for a 45-minute session with an experienced, proven career consultant.

Travel Expense	Associated Cost
FNCE Student Member Registration	\$210 (if before September 5 th)
Gas Expense from Lexington to Atlanta	Approximately \$124 round trip \$31 per person, if 4 in a car
Hotel (Averaging \$199 per night) Staying Saturday, Sunday and Monday Nights	\$600 total \$150 per person, if 4 in a room
Parking at Hotel	\$60 total \$15 per person, if 4 in a room
Food	Approximately \$25-30 per day
Total Cost	\$500 per person, if driving with 4 people in car

Learn more:

<http://www.eatright.org/FNCE/content.aspx?id=6442469865>

If interested in attending or have questions, please contact:

Dr. Dawn Brewer, RD, LD Dawn.Brewer@uky.edu

or

Liz Combs MS, RD, LD Elmars2@uky.edu

Get Involved!

Join the Student Dietetic and Nutrition
Association (SDNA)

This month's meeting dates: Sept. 3rd and 17th

Where: 202 Erikson Hall

When: 4:30 PM

2014
**HES WELCOME
PICNIC**

SEPTEMBER 9, 3:30-5:30 P.M.

ERIKSON HALL PATIO

Faculty, staff and students of
the University of Kentucky
School of Human Environmental Sciences
are invited to attend.



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