



PERSONAL STATEMENT CHECKLIST

WHY DO YOU WANT TO ENTER DIETETICS?

- Do not say you want to help people
- Do not use a super personal story where you could be judged unfairly for it
- Introduce your niche that you will focus on
- What you are interested in specifically? "Clinical" is not specific enough.
- How you became interested in this (experiences, personal, etc.)? Talk about that story.
- How can the program meet that interest? Say this briefly to set the stage for why it is a fit.

DISCUSS WHAT HAS PREPARED YOU FOR A DIETETIC INTERNSHIP.

- Choose a leadership experience- very important to show you were a leader and how you did this
- Choose an experience in your interest area in dietetics, in the same realm of goals, if possible
- Choose an experience in any work experience where you had management skills or a lot of responsibility; Use numbers to emphasize the impact you made in that position
- Use the STAR method to describe your experiences (Watch Jenny's free video on this topic on the VIDEOS page!)

WHAT ARE YOUR SHORT-TERM AND LONG-TERM GOALS?

- Short term is 5 years and long term is 15-20 years
- Look at established RD's biographies online – your goals should be almost as specific as how they describe their career and accomplishments
- Include leadership and professional development, including dietetic practice groups, local dietetics associations, etc.

WHAT ARE YOUR STRENGTHS AND WEAKNESSES?

Strengths: *If you are going to say what you are good at, you need an example to prove it*

- Leadership – an organization's accomplishments, project outcomes
- Communication – oral, verbal, written skills (publications, blog, presentations)
- Time management – part time job, good GPA, other commitments (explain strategies)
- Where do you have the most impressive experience/accomplishment? What strength did you use to achieve this?
- Read it to yourself and ask if you are impressed?
- Avoid listing off qualities without using examples.
- Avoid saying the synonyms of the same types of words (rambling!)

Weaknesses: *Have a weakness you are actively improving or improved. Think area of GROWTH not LACK.*

- GPA – retake classes? Note: A coach can really help you decide how much or how little to talk about your GPA; Everyone's story is different. It can honestly make or break your personal statement.
- Spanish – are you proficient, but want to be fluent?
- Lack of experience- Will you improve this in or before the internship?

WHY ARE YOU APPLYING TO THIS PROGRAM?

End your letter with a paragraph on why this program matches with your experiences and goals.

- Reason should not be geography
- Focus on the program's uniqueness
- Test: can you say this reason for any other program? If yes, then be more specific.
- Talk about unique rotations related to your goals
- Choose a couple rotations to highlight.
- What can you do during the elective rotation?

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