Human Nutrition MAJOR MAP

advisor and see what other programs

might match your goals at WU.

College of iences

school prep)

Possible Programs of Study:					Arts & Sciences
	1ST YEAR	2ND YEAR	3RD OR FINAL YEAR	4TH OR FINAL YEAR	AFTER GRADUATION
COURSES YOU NEED (core courses, requirements, electives)	Build your foundation in studying a health science such as nutrition. NUTR 221 Human Nutrition NUTR 226 Orientation to Food and Nutrition	Get more in-depth in looking at the connection of nutrition to the human body. BIOL 231 Anatomy and Physiology I BIOL 214 Anatomy and Physiology II NUTR 229 Nutrition Assessment	Explore areas of management and how it impacts the field of food and nutrition. How does food science impact health? Consider a career as a medical lactation consultant. Meet with your advisor to make sure you are on track to graduate and develop a final academic plan in order to achieve that goal.	In your fourth year you will explore the impact of medical nutrition therapy. Develop skills as a nutrition counselor. Complete your degree.	CAREERS OF INTEREST A degree in Human Nutrition will prepare you to pursue a Dietetic Internship (DI), a Masters program in areas of nutrition or public health, or a career in food service management, pubic health, or extension. You will develop an in-depth understanding of the physical, social, psychological and cultural aspects of food and nutrition and the impacts that has on health and well-being.
GET RELEVANT					You will develop the ability to
experience (clubs, jobs, volunteering, research, internships)	Learn about the Student Nutrition and Dietetic Association (SNDA) and attend	Volunteer with an SNDA event.	Run for an SNDA leadership position.	Mentor undergraduate students in the department.	collaborate with peers, practitioners, community and leaders in the field of food and nutrition.
	a meeting. Explore other clubs and associations on campus.	Meet with a nutrition professional and discuss their job. Explore undergraduate research opportunities.	Achieve 30 hours of paid or volunteer work experience in the field of nutrition. If pursuing a DI make sure you are getting some clinical based experiences.	Complete NUTR 490A Practicum in Nutrition and Dietetics. Apply for DIs and Graduate Schools.	community service projects, and develop critical thinking skills
	Attend a department town hall meeting and explore opportunities. Find 10 hours of volunteer experience in	Get 15 hours of volunteer experiences needed for a strong DI or graduate school application.	Participate in an undergraduate research opportunity.	Explore career opportunities.	SKILLS & QUALIFICATIONS I MIGHT NEED INCLUDE:
	the area of food, nutrition, and health.		Explore DI and Graduate Schools.		Time Management Oral and Written Communication skills
GET					Science and Math Skills
CONNECTED WITH THE COMMUNITY (conferences, student gov't, associations)	Go to www.eatright.org/pro and explore the Academy of Nutrition and Dietetics. Explore at least two student organizations on campus.	Join your local dietetic or health association and attend one of their meetings.	Attend a state nutrition and dietetics association meeting. Participate in a community-based nutrition education project.	Attend a national food and nutrition conference such as FNCE or SNEB.	Food Literacy Skills
GET THINKING					
GLOBALLY (study abroad, travel, 3rd year exchange)	Review global class list and find a class that might interest you. Explore new foods by going to a food establishment (restaurant or grocery store) and learn about one new food item.	Go to the Study Abroad office and explore possible places you can go. Spring Semester is a good time to go study abroad and immerse yourself in a new country.	Learn about cultural competencies and how food and culture impacts nutrition and health through NUTR 428. Participate in Special Olympics as a volunteer.		
GET READY					
FOR LIFE AFTER GRADUATION (career or grad	Explore the degree program. Review the undergraduate handbook. If this is not the major for you, talk to your advisor and see what other programs	Explore health careers. Connect with alumni through LinkedIn.	Explore the requirements to be competitive for graduate school or a DI. Do you need the GRE? What is the GPA requirement? Do you have enough work	Apply for graduate schools, dietetic internships or jobs. Go to career services and have them review your	

requirement? Do you have enough work

experience? Where do you want to do

your practicum?

resume.