



GETTING STARTED

YOUR COURSE JOURNEY

- Enroll in HSW 100: Student Success in Health Sciences and Wellness and FN 101: Careers in Food and Nutrition
- Build foundational knowledge with coursework in biology, chemistry, and math (pending math placement)
- Review academic standards
- Attend the Food and Nutrition All-major Meeting

KNOWLEDGE AND SKILLS

- Review [FN Student Handbook](#)
- Ask for help from the [Tutoring-Learning Center \(TLC\)](#) and your professors if you wish to improve in your courses

ACT LOCALLY AND GLOBALLY

- Engage with activities and opportunities through the School of Health Science and Wellness [Student Success Center](#)
- Join the [Student Association of Nutrition and Dietetics \(SAND\)](#) and other [student organizations](#) of interest
- Research [study abroad](#) programs

CAREER READINESS

- Explore opportunities to job shadow registered dietitians or community nutrition initiatives
- Create a [college resume](#)
- Complete your [Handshake profile](#)
- Learn about and practice networking by attending a [Networking Workshop](#) or the All-Major Career and Internship Fair

MAKING PROGRESS

- Take FN 206: Introductory Foods
- Establish a [4-year plan](#) with a SHSW adviser

- Develop food preparation skills; become ServSafe certified
- Consider applying to the [Health Scholars Program](#)

- Become an active member of SAND
- Become a student member of the [Academy of Nutrition and Dietetics \(AND\)](#) which includes [WAND](#) membership
- Explore and apply for [SHSW Scholarships](#)

- Look for variable major-related employment opportunities
- Engage in volunteer activities, such as the Cupboard
- Conduct an [informational interview](#) or [job shadow](#) with someone who works in a field of interest
- Further develop application materials, including a [cover letter](#), more curated [Handshake profile](#), and/or creating a [LinkedIn profile](#)

MAKING PROGRESS

- Research specialty areas of practice within dietetics
- Consider the [B.S. + M.S. \(4+1\) Track](#); apply in spring semester

- Acquire advanced cooking and food management skills
- Provide food and nutrition education

- Volunteer for community organizations
- Attend a WAND live event or webinar

- Attend an [Interviewing Workshop](#); seek additional interview [preparation tools](#)
- Pursue networking and employment opportunities
- Talk with mentors about your next steps; if considering [graduate school](#), research your options and understand the application timeline

PREPARING FOR WHAT'S NEXT

- Enroll in FN 400: Professional Issues in Dietetics
- Research dietetic internship programs and options for combined master's degree programs
- Review 4-year plan and Degree Progress Report to ensure the completion of all requirements
- [Apply for graduation](#)

- Screen, assess, diagnose, intervene, monitor and evaluate individuals

- Assume leadership in student or community organizations
- Volunteer for [Wisconsin Academy of Nutrition and Dietetics \(WAND\)](#) or other professional organizations

- Research dietetic internships and graduate programs
- Solidify references and invite them to review your application materials
- Meet with your major's [Career Coach](#) to work through stuck points
- Join relevant professional associations; take advantage of [networking opportunities](#)
- Complete the Graduation Exit Survey; we want to celebrate your accomplishments!

CAREERS

- Nutritionist
- Registered Dietitian
- Community Nutrition
- Food Service Manager
- Health Educator
- Public Health
- Sustainable Food Systems
- WIC Director
- Dietary Aide
- Clinical Dietitian

and many more!

AVAILABLE ONLINE

Major Map documents are available online with additional information!

The staff and faculty at the University of Wisconsin Stevens Point want to help you craft your personal journey. Use this map as a jumping off point for conversations about your goals.