The mission of the Dietetic Internship at Northern Illinois University is to prepare graduate-level professionals to demonstrate knowledge, skills and values which enhance individuals and community health through dietetics practice.

PROGRAM INFORMATION

The Dietetic Internship at Northern Illinois University (NIU) resides in the School of Family, Consumer and Nutrition Sciences (FCNS) within the College of Health and Human Sciences (CHHS).

This Dietetic Internship (DI) is affiliated with the Master of Science (M.S.) degree program in Nutrition and Dietetics at NIU. Dietetic interns complete graduate degree requirements while engaging in “supervised practice” (internship) experiences. The first two semesters (fall and spring) are comprised of graduate coursework only. The subsequent two semesters are comprised of both course work and supervised practice experience. One summer semester is comprised of full-time supervised practice only in a community hospital. The final semester is comprised of both course work and supervised practice. At the end of the program interns will have completed the requirements for the M.S. degree in Nutrition and Dietetics and will be eligible to take the Commission on Dietetic Registration (CDR) registration examination to become a Registered Dietitian (RD).

The program’s concentration is Community Nutrition and Health Promotion which includes 1224 hours of dietetic internship experiences: 540 hours in community nutrition, lifecycle and health promotion; 504 hours in medical nutrition therapy (at one hospital), and 180 hours in food service (NIU Dining Services).

The dietetic internship program accepts eight - fourteen interns annually through the D&D Digital spring match.

The graduate program in Nutrition and Dietetics focuses on applied nutrition and dietetic practice, and offers both a thesis and non-thesis option. Acceptance into the graduate program at NIU is required for acceptance into the Dietetic Internship. Although admission criteria is similar, acceptance into the graduate program does not guarantee acceptance into the Dietetic Internship as admission is competitive and limited to fourteen interns each year. Applicants apply to both programs at the same time. The application deadline date for the Graduate School is March 1.

PROGRAM SEQUENCE

Step 1 - Graduate Coursework: During the first two semesters interns are enrolled in graduate coursework only. Graduate course work is completed during these two semesters, which are referred to as the “pre-practicum semesters”. During the second pre-practicum semester, interns enroll in a one-semester hour workshop (FCNS 652). This workshop orients interns to both the internship and profession. Interns may be encouraged to take course work in summer in order to complete all requirements of the graduate degree simultaneously with DI completion.

Step 2 - Supervised Practice Experiences and Graduate Coursework: After completion of the pre-practicum semesters, interns begin on-site supervised practice experiences while continuing to complete graduate coursework.
Interns are engaged in supervised practice experiences during four semesters: fall, spring, summer and fall. Interns are typically on-site Monday, Wednesday and Friday for 20 - 24 hours per week and on-campus for graduate classes on Tuesdays and Thursdays during the fall and spring semesters. During the summer semester, interns work on-site in a hospital, full-time for thirteen weeks; other graduate coursework is not possible during the summer Medical Nutrition Therapy (MNT) practicum.

By taking coursework each semester, interns can expect to finish the internship and M.S. degree simultaneously. After completing both the requirements of the internship and graduate program, program graduates’ names will be submitted to the American Dietetic Association’s Commission for Dietetic Registration (CDR) for eligibility to take the registration examination, and will graduate with a M.S. degree in Nutrition and Dietetics.

<table>
<thead>
<tr>
<th>Dietetic Internship (Supervised Practice) Course Information</th>
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</thead>
<tbody>
<tr>
<td><strong>On-site Internship Courses</strong></td>
</tr>
<tr>
<td>FCNS 617</td>
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<tr>
<td>FCNS 624</td>
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<tr>
<td>FCNS 619</td>
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</table>

**PROGRAM SEQUENCE AND LENGTH**

**SEMESTER 1 & 2**
**FALL & SPRING**

**Pre-practicum Semesters - Coursework Only:** During these two semesters interns complete graduate course work prior to initiating on-site practicum experiences. You will need to consult with your academic advisor to plan a program of study.

**SEMESTER 3**
**FALL**

**On-Site Supervised Practice & Coursework:** During this semester interns complete one of two practicum experiences: Food Service Management Practicum OR Lifecycle Nutrition Practicum. Both practicums are part-time 20 hours/week on-site. Graduate course work is also required.

**SEMESTER 4**
**SPRING**

**On-site Supervised Practice & Coursework:** During this semester interns complete the second of two practicum experiences: Food Service Management Practicum OR Lifecycle Nutrition Practicum (whichever one was NOT completed in the fall). Both practicums are part-time 20 hours/week on-site. Graduate course work is also required.

**SEMESTER 5**
**SUMMER**

**On-site Only - No Graduate Coursework:** Medical Nutrition Therapy Practicum (Full-time).

**SEMESTER 6**
**FALL**

**On-site Supervised Practice & Coursework:** Community Nutrition Practicum & Professional Practice. Part-time 24 hours/week on-site. Graduate course work also required.
ON-SITE PLACEMENT

Food Service Management practicum: interns are assigned to the NIU Residential Dining.

Lifecycle Nutrition practicum: interns are assigned to four different locations (WIC, school nutrition program, NIU Campus Recreation, and Long-term Care facility).

MNT practicum: interns are assigned to one community hospital located in a city within driving distance of DeKalb.

Community Nutrition practicum: interns are assigned to four sites (examples of sites are listed below):
  - Out-Patient Counseling Clinics
  - Diabetes Education Clinics
  - University Extension Program
  - Corporate Sites: Integrated Inventory Technology, Inc.; Wilton Industries
  - Wellness & Health Promotion Sites
  - Easter Seals Center for Children
  - Lake County Health Department
  - Northern Illinois Food Bank
  - Illinois Nutrition Education and Training
  - Sports Nutrition Sites
  - ADA Headquarters in Chicago

Professional Practice practicum: interns return to a site that is an ‘area of interest’ for semi-staff relief.

PROGRAM COSTS & FINANCIAL SUPPORT

Full Tuition Waiver:
Substantial financial support is available to dietetic interns who enroll in this program. Interns pay for the internship courses by enrolling in university courses. However, during the three semesters and summer when interns are engaged in internship (supervised practice) experiences on-site, NIU provides dietetic interns with a full tuition waiver. The waiver pays for tuition for both the internship experiences and other graduate coursework taken during the on-site semesters. Waivers provide free tuition which does not have to be paid back to the University. Students do have to pay for University fees and medical insurance. Although we are not guaranteed continuation of this benefit, at this time we do not have any indication that it will be eliminated. Up-to-date information about tuition, fees and insurance costs can be accessed on-line through the Office of the Bursar at http://www.niu.edu/bursar/ tuition/graduate.shtml.

Graduate Assistantships:
All interns, and especially those who are from out-of-state, are strongly encouraged to apply for a graduate assistantship during the first two semesters of graduate coursework. Although we cannot guarantee that every applicant will receive an assistantship, every effort is made to provide this benefit for interns. A graduate assistantship provides a tuition waiver and modest stipend. It does not pay for fees or medical insurance.

Graduate assistantships require that a student work for a faculty person for 10 hours per week assisting with teaching and /or research. At the present time, graduate assistantships provide approximately $500.00 per month for a nine month contract.

University Fees:
Interns are required to pay for University fees and health insurance while enrolled in graduate coursework and internship on-site experiences. The table on the following page lists the cost of University fees.
Insurance - Health and Professional Liability:
Interns are required to have health (medical) insurance while enrolled in the program. Health insurance is available through NIU for full-time students, paid by your university fees. The table on the next page lists the cost of health insurance. Please note that tuition, fees and health insurance costs usually increase annually. Check the Office of the Bursar for most current costs at http://www.niu.edu/bursar/ graduate.shtml.

Loans and Grants:
The NIU Student Financial Aid Office is available to assist students with loans, deferments and grants. Student loans may be deferred during the internship experiences and graduate studies.

<table>
<thead>
<tr>
<th>Total Costs for 6 semesters - 2009-2010 academic year</th>
<th>With assistantship: Cost of Fees &amp; Insurance</th>
<th>Without assistantship: (In state tuition) Cost of Tuition Fees &amp; Insurance</th>
<th>Without assistantship (Out of state tuition) Cost of Tuition Fees &amp; Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$6,350.54</td>
<td>$12,050.54</td>
<td>$17,750.54</td>
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</table>

For a detailed breakdown of the costs, see below:

Total Costs for Tuition, Fees & Insurance per Semester (based on full-time status) 2010-11

<table>
<thead>
<tr>
<th>Program Length: 4 Semesters and 1 Summer</th>
<th>Number of Semester Hours</th>
<th>Tuition In-state $300.00/Sm. Hour</th>
<th>Tuition Out of State $600.00/Sm. Hour</th>
<th>Fees $78.58/Sm. Hour, liability ins &amp; $250 Tech Surcharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. On Campus: Pre-practicum Semester</td>
<td>9 Sm. hours coursework</td>
<td>$2,700</td>
<td>$5,400.00</td>
<td>$707.22</td>
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<td></td>
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<td>OR $0 - Tuition Waived</td>
<td>OR $0 - Tuition Waived with Graduate Assistantship</td>
<td>$250.00</td>
</tr>
<tr>
<td>2. On Campus: Pre-practicum semester</td>
<td>10 Sm. hours coursework</td>
<td>$3,000</td>
<td>$6,00.00</td>
<td>$785.80</td>
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<td></td>
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<td>OR $0 - Tuition Waived</td>
<td>OR $0 - Tuition Waived with Graduate Assistantship</td>
<td>$250.00</td>
</tr>
<tr>
<td>3. On-site: FS OR LC Practicum</td>
<td>Internship and Graduate Courses 12+ Sm. Hours</td>
<td>$0.00 Tuition Waived</td>
<td>$0.00 Tuition Waived</td>
<td>$942.96</td>
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<td></td>
<td></td>
<td>$250.00</td>
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<tr>
<td>4. On-site: FS OR LC Practicum</td>
<td>Internship and Graduate Courses 12+ Sm. Hours</td>
<td>$0.00 Tuition Waived</td>
<td>$0.00 Tuition Waived</td>
<td>$942.96</td>
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<td>$250.00</td>
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<tr>
<td>5. On-site: MNT Practicum Summer</td>
<td>Internship Course Only 8 Sm. Hours</td>
<td>$0.00 Tuition Waived</td>
<td>$0.00 Tuition Waived</td>
<td>$628.64</td>
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<td>$150.00</td>
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<tr>
<td>6. On-site: Community AND Pro. Pract. Practicum</td>
<td>Internship and Graduate Courses 12+ Sm Hours</td>
<td>$0.00 Tuition Waived</td>
<td>$0.00 Tuition Waived</td>
<td>$942.96</td>
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<td>$250.00</td>
</tr>
<tr>
<td>Total Costs: 4 Semesters and 1 Summer</td>
<td>In-state Tuition Costs Only. Without assistantship during pre-practicum semesters $5700.00 OR $0 with assistantship</td>
<td>Out of state Tuition Costs Only. Without assistantship during pre-practicum semesters $11,400.00 OR - $0 with assistantship</td>
<td>$6350.54 Total Fees 6 semesters</td>
<td></td>
</tr>
</tbody>
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Other Costs:
There are other costs associated with this program. Hospitals require extensive health documentation to verify immunity to diseases including titers and immunizations. These titers and immunizations may be obtained for a fee at NIU Health Services. Other required documentation that has associated costs includes criminal background checks, food sanitation certifications (either Serv Safe or State of Illinois), and an advanced level CPR certification. Other costs include membership in the American Dietetic Association, a subscription to the OL Manual of Clinical Dietetics, textbooks, and appropriate on-site attire including uniforms and lab coats, professional clothing, and registration fees for professional meetings and all area intern workshops. Since this is a commuting program, a reliable car is also required. Housing and transportation costs are also the responsibility of the intern.

TRANSPORTATION

All internship sites are within driving distance of NIU. One of the strengths of this program is its proximity to many locations where dietitians are employed. Sites are located throughout the western suburbs of Chicago, and the cities of DeKalb, Sycamore, and Rockford, IL. Most often commuting time is less than one hour, although on occasion, distances and/or driving time may be longer. Consideration will be given to the distance between your residence and sites when planning your site placement schedule, however, when you accept a position in this internship, you also accept the program’s right to assign you to appropriate sites to meet your learning needs.

HOUSING

Student housing is not provided through the internship. Interns are responsible for locating and paying for their own housing. Residence halls are available on campus and many safe and adequate student apartments are available in the cities of DeKalb and Sycamore. NIU Housing and Dining is available to assist students with finding on-campus housing. Information can be accessed on their website: http://www.niu.edu/housing. NIU Commuter and Non-Traditional Student Services assist with off-campus housing. For information you can access their website http://www.niu.edu/comnontrad/

APPLICATION PROCESS

Three separate applications are required:
1. Application to the Dietetic Internship program online through DICAS
2. Application to D&D Digital to participate in computer matching, and
3. Application to the Graduate School for admission to the MS degree program in Nutrition and Dietetics.

Application to the Dietetic Internship is separate from the application to the MS degree programs. The Graduate School requires a completely separate application and letters of recommendation, and has different deadline dates. Students need to apply to the graduate program using the application process and form specified by the NIU Graduate School at http://www.grad.niu.edu/ Please note that in order to be eligible for a graduate assistantship; you must be fully admitted to the Graduate School.

Students need to apply to the Dietetic Internship using the on-line centralized internship application, DICAS, which may be accessed at: https://portal.dicas.org; email: DICASinfo@DICAS.org. Further information about the application process is available on our website at http://www.chhs.niu.edu/nd/di/

Admission to the Dietetic Internship also requires participation in the national computer matching process. You can obtain the material from D&D Digital System’s website at: http://www.dnddigital.com/ada/index.html. Their address is: D& D Digital in Ames, Iowa. Telephone: 515-292-0490. E-mail:dnd@netins.net.
Please pay attention to the fact that although these applications may have similar requirements, they may have different or separate application processes and deadlines dates.

Application deadlines are listed at http://www.dnndigital.com/ada/index.html

CONTACT PERSON AND PROGRAM ADDRESS:

For information about Northern Illinois University, please access the website http://www.niu.edu/index.shtml

Information about the dietetic internship can be accessed at http://www.chhs.niu.edu/nd/di/

Information about the graduate program in Nutrition and Dietetics can be found in the graduate catalog at http://catalog.niu.edu/index.php?catoid=8

If you have questions about the M.S. degree program in Nutrition and Dietetics, you may e-mail Dr. Josephine Umoren, Coordinator of Nutrition, Dietetics and Hospitality Administration at jxu1@niu.edu.

The NIU Dietetic Internship hosts an annual open house in January (check website for specific dates) that includes a campus tour, presentation by the program director, graduate faculty, and Q&A with current dietetic interns.

If you have questions about the dietetic internship you may contact the program director:

    Nancy Prange, M.S., R.D., L.D.N.
    Northern Illinois University
    School of Family, Consumer, and Nutrition Sciences
    DeKalb, IL  60115
    Telephone:  815/753-6386
    Fax:  815/753-1321
    E-mail:  nprange@niu.edu
<table>
<thead>
<tr>
<th>FALL Semester</th>
<th>SPRING</th>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
<th>FALL</th>
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<tbody>
<tr>
<td>Pre-practicum Semester I</td>
<td>Pre-practicum Semester II</td>
<td>Food Service Management Practicum (9 Weeks)</td>
<td>Food Service Management Practicum (9 Weeks)</td>
<td>13 Week MNT Practicum</td>
<td>Community Practicum (10 Weeks) AND</td>
</tr>
<tr>
<td>Graduate Studies Only</td>
<td>Graduate Studies Only</td>
<td>OR Lifecycle Nutrition Practicum (9 Weeks)</td>
<td>OR Lifecycle Nutrition Practicum (9 Weeks)</td>
<td>AND Professional Practice (5 Weeks)</td>
<td>Graduate Studies</td>
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<td>No Internship</td>
<td>FCNS 652 Workshop</td>
<td>Graduate Studies</td>
<td>Graduate Studies</td>
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