

**RDN Interview**  
**Viterbo University Nutrition & Dietetics Department**

**Directions to the student:** Gaining insight into the dietetics field is an important step in understanding the knowledge, skills, and attitudes that will make you a successful registered dietitian nutritionist (RDN). You will have an opportunity to explore many areas in dietetics throughout the next two years of supervised practice experiences. This interview with a registered dietitian help orientate you to the profession!

Find a dietitian in your home community, or ask one of the dietetics faculty members for a suggestion. At home you can call dietitians at the local health department, clinic, hospital dietary department, or nursing home, or an RDN who is self-employed or works at a health club. Try to call an RDN who works in an area you might have an interest. **Make an appointment for a 30-minute interview by contacting this individual at least two weeks ahead of your desired date.** Be sure to explain that the purpose of the interview is to give you some insight into this individual's career in preparation for your last two years in Viterbo's Coordinated Program.

Arrive at the interview on time, dressed professionally (this means no jeans!). Even if the interview is taking place remotely, dress professionally. Ask the RDN the interview questions on the attached form, but don't feel that you need to limit yourself to these. You may use the form to take notes about what you learn during the interview. Be sure to have the RDN sign the form, if able, indicating that he/she has discussed these questions with you. It is also advisable to send the RDN a thank you note following the interview. This is a professional courtesy that will be remembered. Networking and building relationships with other professionals is a great way to get started in your career.

**After the interview, write a summary reflection paper regarding this individual's job duties, specialized area of knowledge, and their ideas for what makes one successful in the field, as well as, your reactions to that information.** The reflection paper should be a **minimum of one page, and no more than two pages**. The summary reflection paper is part of the application to the professional phase of the Coordinated Program. Staple your paper to the RDN Interview form, which has the dietitian's and your signature. Make sure your name appears on the upper left of the summary reflection paper.

**RDN Interview**  
**Viterbo University Nutrition & Dietetics Department**

**RDN Interview form**

1. Name of person interviewed:

2. Date of interview:

Job title:

Place of employment:

Length of time in this position:

3. What is this RDN's specialized field of knowledge? What is an example of a typical way in which he/she uses this knowledge on a daily basis?

Click or tap here to enter text.

4. What are some of the most important job duties this RDN performs on a daily basis? (you may also obtain a job description from the RDN.)

Click or tap here to enter text.

5. According to this RDN, what are the most important skills he/she uses on a daily basis? What is an example of how these skills are typically used?

Click or tap here to enter text.

6. According to this RDN, what are the greatest rewards of his/her job? What are the greatest challenges?

Click or tap here to enter text.