Possible Programs of Study:

1ST YEAR
Build your foundation in studying a health science such as nutrition.
NUTR 221 Human Nutrition
NUTR 226 Orientation to Food and Nutrition

2ND YEAR
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

3RD OR FINAL YEAR
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.

4TH OR FINAL YEAR
In your fourth year you will explore the impact of medical nutrition therapy.
Develop skills as a nutrition counselor.
Complete your degree.

GET RELEVANT EXPERIENCE
Learn about the Student Nutrition and Dietetic Association (SNDA) and attend a meeting.
Explore other clubs and associations on campus.
Attend a department town hall meeting and explore opportunities.
Find 10 hours of volunteer experience in the area of food, nutrition, and health.

GET CONNECTED WITH THE COMMUNITY
Go to www.eatright.org/pro and explore the Academy of Nutrition and Dietetics.
Explore at least two student organizations on campus.

GET THINKING GLOBALLY
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.

GET READY FOR LIFE AFTER GRADUATION
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 might match your goals at WU.

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, public 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.
You will participate in research and community service projects, and develop critical thinking skills.

SKILLS & QUALIFICATIONS I MIGHT NEED INCLUDE:
- Time Management
- Oral and Written Communication skills
- Science and Math Skills
- Food Literacy Skills

GET THINKING GLOBALLY
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.

GET READY FOR LIFE AFTER GRADUATION
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 might match your goals at WU.

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 experience? Where do you want to do your practicum?

APPLY FOR GRADUATE SCHOOLS, DIETETIC INTERNSHIPS OR JOBS. GO TO CAREER SERVICES AND HAVE THEM REVIEW YOUR RESUME.