Internship Highlights

Class 20 interns have been striving to make lasting impressions in each rotation as well as participating in many activities and assignments outside of rotation sites. The program is now composed of 11 different rotations within 10 months, providing 1,300 hours of supervised practice. This year, orientation was held in the last week of August and graduation is set for Friday, June 14, 2013.

One unique aspect of the internship program is the Farm to Table rotation, where interns travelled to several farms in the surrounding area, including VSU’s own farm, to learn about planting, harvesting and marketing. This was the first year the class completed this rotation together in September.

Another feature of the program includes the 8 week research rotation, where the class completed two projects focusing on food microbiology and professional dietetics related research. In April, interns presented the results from both projects at the Virginia Dietetic Association meeting in Richmond and the Association of Research Directors conference in Jacksonville, Florida.

Interns also participated in a health fair at VSU in May and presented topics about health disparities for students.
Message from the Director

Crystal Wynn

Greetings Alumni! I have excellent news! The VSU Dietetic Internship Program was granted full accreditation. I would like to thank all of the alumni who supported us during this process. Many of you participated in the site visit. Tarren Corbin and Katie Anderson provided their site, Southside Regional Medical Center, as one of the sites that the program reviewers evaluated.

The internship continues to offer the research concentration and hopes to expand the research to include food science and public health. This year, the internship received 61 applicants; this was definitely a record year for the internship program. I contribute this increase to our concentration, recruitment efforts, marketing, and our wonderful alumni.

This summer we will be graduating Class 20 and welcoming Class 21. The internship continues to remain committed to preparing competent and proficient dietitians and fostering growth and leadership. I’ve enjoyed meeting and working with the alumni of this great program and am very grateful to alumni who continue to volunteer their time, talents, and services to the program by serving as preceptors, members of the advisory council or selection committee, and class guest speakers. Many thanks to Grace Miller, Tarrin Corbin, Christine Lacy, Hillary Williams, Alison McGrail, Katrice Mayo, Jessica Jenkins, Katie Anderson, Rachel Williams, Valerie Losego, Amber Lester, Malory Foster, Jennifer Fagan, Sara Webber, Julia Tracy, and Rachel Duque. If you are interested in volunteering your time to serve as a preceptor, an advisory council member, a selection committee member, or a guest speaker, please feel free to contact me at crwynn@vsu.edu.

In the future, the program hopes to offer a graduate certificate program and later a Master’s of Science in Food and Nutrition Science. We continue to move forth in the ideals and mission of Virginia State University by striving to build a better world!

Contact Info:
Phone: 804.524.6351
Fax: 804.524.5048
School of Agriculture and Human Ecology
P.O. Box 9081
Petersburg, VA 23806
About the Current Class

Class 20 consists of a diverse group of students that share a common passion for nutrition and dietetics. This class has been complimented by VSU Dean Hairston for the ability to collaborate during the first rotation in September, where all seven interns completed the Farm-to-Table rotation as a team. As the year continues, the class becomes closer and the internship experience grows stronger.

From left to right in the picture:

Anna Austin
University of North Carolina Greensboro alumna. Enjoys the hands-on learning experiences, discovering new talents and interests in the field of nutrition, and spending time with the other interns.

AeRee Lee
Johnson & Wales alumna with A.S. degree in Culinary Arts and B.S in Nutrition. “I have enjoyed and learned a lot from each and every rotation. I would like to start a career working as a clinical dietitian. I have plans to obtain Master's degree in near future and possibly become CDE. “

Tara Kissinger
James Madison University alumna. “This internship is going by so fast! I like hearing real-world experiences from new preceptors and guest speakers. What I enjoy most is meeting for Friday class with everyone to hear advice for new rotations, how much everyone has learned, and of course the enticing/laughable stories!”

Ashleigh Holcomb
Perdue University alumna. “The internship has been a unique experience that started on day number one. I wasn't expecting to have such a hands on Community Rotation, but it quickly became my favorite rotation! I grew up in the garden, picking vegetables and playing in the dirt. This rotation took me back to my roots. We learned all about the various foods that VSU was experimenting with in the Virginia soil, the community involvement, and local farmers that participated in farmers markets. It was just an overall fun, relaxed rotation!”

Mindy Bower
University of Pittsburgh alumna. “Hey all! I am from central Pennsylvania. So far my favorite rotation has been my public health rotation in Henrico County. I went in thinking that most of my clients would just sit through the nutrition counseling part because they have to to receive their checks. It turns out that the majority of the clients wanted to hear what you had to say and were interested in how their child was growing or how they were doing. Most clients asked questions, too. It definitely changed my perspective of public health a bit.” Pursuing a Master’s degree from East Carolina University next fall.

Jennifer Adsit
Radford University alumna. “I have enjoyed learning from the preceptors and working with the other interns in the program. I also had a great time getting to know the other interns! My favorite rotation was clinical and this is the area that I would like to start my career in after graduating from the internship.”

Danielle Somoza
Virginia State University alumna. “What I have enjoyed most about the internship is going on the various "field trips" to learn more about the diverse career opportunities available for Registered Dietitians. We have been able to meet many dietitians in the Richmond area and get insight and education about working in their respective area of dietetics.”
Research Rotation at VSU

Community Rotation at Dayspring Farm

Community Rotation at VSU

Clinical Rotation at Sentara Obici

Volunteer hours at the Diabetes Walk
Alumni Spotlight

Tarren Corbin, RD

Class 15 VSU Intern

Tarren Corbin obtained her RD credentials after graduating from Virginia State Dietetic Internship program in 2008. She has been working at Southside Regional Medical Center for 5 years and was recently promoted to the Clinical Nutrition manager position. She is also giving back by serving as a preceptor for VSU Dietetic Interns. Her favorite thing about being a dietitian is continuing to learn about nutrition and how it helps the body heal and to be able to apply that into other people’s/patients’ lives to further improve their health. Her favorite thing about being a preceptor is teaching interns hands-on experience and watching them grow through their rotation. She looks forward to continuing to teach future dietitians, being active with the RD community, continue learning as nutrition evolves, and see where the field of dietetics takes her in her career. Tarren is also excited about getting married this April!!! Looking back on her experience as an intern, Tarren says that “The internship experience is what really taught me how to work as an RD. You learn so much more being in the hospitals, nursing homes, schools, etc. than you do in the classroom. The internship is where you learn to apply all the knowledge you gained during college and it is so fun to learn where your passions are through the different rotations!”

Alumni Spotlight

Jaclyn E. Dickriede, RD, LDN

Class 19 VSU Intern

Jaclyn graduated from the VSU Internship in July, 2012. Since she graduated, she moved back to Manteo, North Carolina and is living with her 2 dogs, a cat, and boyfriend. She is currently a WIC Nutritionist for Dare County and part-time Clinical Dietitian for the Outer Banks Hospital. She loves meeting new people and finding out their story, and then offering any help or advice in order to make their life easier and healthier. Jaclyn also provides nutrition counseling to the clients of Momentum Bootcamp (a physical fitness boot-camp her friends created to get people in shape), and serves as the Varsity Assistant Coach for a high school girls’ basketball team. Her plans for the near future are to continue working for the county and hospital and eventually go full time at the hospital. She also hopes to stay involved with one-on-one counseling and helping people reach their fitness goals.

When looking back on their experience as an intern, Jaclyn says “I’m actually going this weekend to meet up with 3 other VSU alumni interns in Richmond. We’ve stayed pretty close and I have a feeling they are going to be stuck with me for a while...I actually think they want to see my dog more than me. As for being a dietitian as my career choice, it has been a long and challenging road and we should get paid a heck of a lot more! But I can honestly say I thoroughly love what I do and enjoy helping people.”
Alumni Spotlight

Jennifer Fagan, RD
Class 17 VSU Intern

Jennifer Fagan graduated from the VSU dietetic internship in 2010. She is currently an independent contractor in a private practice. Her favorite part about being a dietitian is helping people make changes to improve their health. Since graduating, Jennifer became more active with the Richmond Dietetic Association and now serves on the board. She went to FNCE last year and attended many conferences and seminars specific to the disease areas she counsels such as digestive disorders, diabetes, and others. Jennifer’s career plans include following what she is passionate about and possibly return to school for her masters. She feels that the dietetics profession is a challenging career choice but also enjoys being challenged. As Jennifer reflects back on her experience as a dietetic intern, she says “My memories from internship- mostly that I thought it would never end and 3 years out I am still so happy that I never have to do it again! There were some rotations that I still have fond memories of and would do over again but there were some that you couldn't pay me to do again.”

Keep in Touch

As soon-to-be dietitians, we know how important networking is. Class 20 has updated the Facebook group, “Virginia State University Dietetic Internship” to keep in touch with alumni and communicate with prospective dietetic interns. Please check out this page for more pictures and recent updates from the current class.