Taking everything one day at a time has quickly become my motto during my senior year at MTSU. There are so many assignments, tests, field trips, and more that dietetic students have to do in order to prepare for what is to come with a dietetic internship! It is so easy to get caught up in all that needs to be done and it can cause you to stress. Here are some things that will be beneficial to you as you complete your undergrad in dietetics and prepare for your internships.

Your professors are your main resource when it comes to getting an internship. They know your work ethic in academics more than anyone else. They can serve as a great reference for you on your resume. Take advantage of their resources when it comes to finding a job related to dietetics. Your professors want to see you succeed and they will do anything they can to help you reach your full potential.

Take advantage of any opportunities that may present themselves to you. I was given the opportunity to work at Williamson Medical Center as a dishwasher. Now I know what you are thinking, "I would not get caught dead doing dishes at a hospital!" It is important that you learn all of the areas in the kitchen if you want to work as a clinical dietitian someday. Clinical dietitians have to know the ins and outs of a kitchen and what better way to learn than starting at the basic level of any kitchen. I did not realize it when I took the job as a dishwasher, but my time in that position was a valuable learning experience.

It is important to surround yourself with positive and encouraging people. This is the time in your life where things are starting to get real for you. Trying to juggle work, school, volunteer work, and a social life can be pretty daunting, but if you have people there to constantly encourage you then it will make your life that much easier.

Procrastination is your worst enemy! It is a good idea to get a calendar and write down all due dates. Then from there you can set aside a specific time each day to work on assignments and maybe even work ahead. There have been a couple times where life caught me by surprise, and I did not study as much as I would have liked to for tests. In the end scrambling to get assignments done only hurts you. It is not your finest work, and it also adds unnecessary stress to your life that you can control.

Stress management is a major key to success your senior year. I still struggle with stress and get bogged down sometimes but I have friends and family to help encourage me along the way. I also try to have fun every now and then to get my mind off of what is causing me to stress. Some other simple stress management tools include: seeking help, relaxing, managing time, and recreation. Just remember that you are not the first one to go through this learning process and you certainly will not be the last. Just know there are bigger and better things waiting for you, so do not give up!

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