

# Next Steps

## Freshman Highlights



- Classes to take: NTR 213
- Schedule time to meet with an academic advisor in the Students First Office to develop a 4-year plan
- Apply to participate in special interest housing
- Sign up early for tutoring and Supplemental Instruction through Student Success Center
- Log into SpartanCareers to view jobs and start your career
- Check out undergraduate research opportunities
- Review the ExploreIt! Shadow Program

## Sophomore Highlights



- Review admission criteria and NTR courses
- Meet with your faculty advisor to ensure you are on track in completing your GEC requirements
- Visit Students First Office to estimate your GPA and re-view your degree evaluation
- Take advantage of Study Abroad
- Visit Career Services Center to talk with a Peer Career Ambassador - time to get your major confirmed and resume started
- Begin to develop your professional network

## Junior Highlights



- Register for the NTR co-requisite courses required
- Discover leadership opportunities through clubs and organizations
- Check out opportunities—Office of Leadership & Service Learning
- Visit Career Services Center to complete your resume, practice interviewing, learn about graduate school, and/or prepare your internship search action plan
- Attend Career Fairs and Employer Information Sessions
- Continue to build your professional network by speaking with faculty, employers, and alumni
- Complete a Course Overload Form in Student First Office if you need to register for more than 18 hours

## Senior Year Highlights



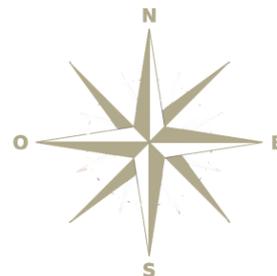
- Meet with your faculty advisor to finalize your plans
- Apply for graduation via University Registrar - watch out for **deadlines**
- Take the "Senior Check Up" to see what skills or experiences you should make use of at Career Services
- Start applying to jobs and graduate programs
- Register for graduate or professional study exams as needed
- Attend Career Fairs
- Network, network, network

## Department of Nutrition

<http://www.uncg.edu/ntr>

### Career Services Center

#1 Elliott University Center  
336.334.5454  
[career\\_services@uncg.edu](mailto:career_services@uncg.edu)  
[csc.dept.uncg.edu](http://csc.dept.uncg.edu)



### Students First

061 McIver Building  
336.334.5730  
[students@uncg.edu](mailto:students@uncg.edu)  
[studentsfirst.uncg.edu](http://studentsfirst.uncg.edu)

# B.S. in Nutrition



# MAP IT!

## Chart your course



THE UNIVERSITY *of* NORTH CAROLINA  
**GREENSBORO**

# Nutrition

Concentrations: Human Nutrition and Dietetics; Nutrition and Wellness; Nutrition Science

## WHERE IT CAN TAKE YOU

### Sample Work Functions

Those who study Nutrition generally direct their skills, experience, and knowledge towards the following career functional areas:

- Clinical Dietitian
- Scientist
- Nutritionist
- Public Health Officer
- Food Production
- Purchasing
- Medical Technology
- Weight Reduction Specialist
- Sports Medicine

### Sample Work Settings

Here is a sample of work settings (or work environments) that might interest someone with this educational background.

- Consumer Organizations
- Wellness Centers
- Schools
- Universities & Colleges
- Fitness Centers
- Corporations
- Hospitals
- Sports Programs
- Private Practice
- Military Installations
- Federal & State Government
- Long Term Care
- Home Healthcare Agencies

### Sample Salary Information

Salary information below represents median trends for sample job functions below and may not account for variables including geography, candidate background, or other factors involved in salary negotiation. For more complete information, check out the O\*Net and the Occupational Outlook Handbook in addition to conducting informational interviews with professionals in the field.

- Dietician/Nutritionist: \$53,250
- Food and Drug Inspector: \$33,030
- Fitness Trainer: \$31,090
- Food Services Manager: \$48,130
- Health Educator: \$45,830
- Medical Technologist: \$46,680

### Organizations Where Our Nutrition Alumni Have Gone

- Guilford County Health Department
- Randolph Hospital
- Kindred Healthcare
- UNCG Health Services
- Sodexo Health Services
- US Department of Agriculture
- Springmoor Retirement Community

## HOW TO GET THERE

### Try on this major

There are several courses that any UNCG student can take as a way to “try on” the major and determine if it’s a good fit for you. Often, students take a Nutrition class and a Chemistry or Biology class. Talk with your advisor about taking one or all of these courses during your first year:

- NTR 213 (GNS): Introduction to Nutrition
- CHE 111/111L: General Chemistry I
- BIO 111/111L: Principles of Biology I

### When to take coursework

Students pursuing a Nutrition degree are required to take several different science courses during their freshman and sophomore years. To ensure that you stay on track to graduate, consider the following courses:

- NTR 213 (GNS) —fall semester freshman year
- BIO 111/111L —spring semester freshman year
- BIO 112/112L —fall semester sophomore year
- CHE 111/112 —fall semester sophomore year

The above are suggested courses. Talk with your advisor if your academic plan does not align with these suggestions.

### Campus Organizations & Clubs and Professional Associations

- American Dietetic Association
- Academy of Nutrition and Dietetics
- UNCG Nutrition Club

### Special Interest Housing

Special interest housing communities are residential-based programs designed to enhance the overall undergraduate student experience by fostering one-on-one relationships between faculty, staff, and students in a close knit residence hall environment. Students are encouraged to explore intellectual, cultural, and social interests through experiential activities often linked to the academic curriculum. Students learn with friends, while gaining real-world experience all where they live. Special interest housing options include:

- Lloyd International Honors College
- Living-Learning Communities
- Residential Colleges
- Themed Communities

### Past Internship Sites

Note: this is a partial listing of where students have interned in the past. Internships are not guaranteed; work with your academic program and the Career Services Center to strategize your plans for an internship to compliment your studies.

- Diet and Fitness Centers
- Hospitals
- Head Start
- P.S. I Love You Foundation
- County Health Departments
- Long Term Facilities

### Sample Graduate Programs

Students graduating from a Nutrition undergraduate program also look at continuing their education in these sample programs:

- Nutrition Sciences
- Nutrition and Wellness Studies
- Public Health Education
- Medical School
- Pharmacology

### GPA & Other Requirements

Once you declare a Nutrition major and select your academic concentration, you want to be sure you are aware of the various GPA and program requirements. Knowing these in advance will help you stay on track each semester and in planning out your long-term goals.

Concentration	GPA & Program Requirements	Application Procedures
Human Nutrition and Dietetics Nutrition Science Nutrition and Wellness	<ul style="list-style-type: none"> <li>• Earn a grade of C or higher in all Nutrition and “related area” courses</li> </ul>	No additional application procedures

### Sample Minors/Double-Majors

Often, UNCG students may be interested in pursuing a second major or a minor to complement their major. If this is of interest to you, be sure to discuss it with your advisor early on. Some possible minors or majors to consider include:

- Biology
- Psychology
- Chemistry
- Public Health Education