

# TSDA NEWS

## Dietetic Internship Workshop | Back to School | RD Mentorship Program

### Upcoming Events

Get ready for a busy semester for the TSDA! Fall semester events include the Dietetic Internship Preparation Workshop, Service Learning Project, RD Mentorship program opportunities and fundraising events.

### Service Learning Project

The fall service learning project is fast approaching and selection of an organization is underway. Every year the dietetic students of Texas take this opportunity to get together and connect with their own cities to serve their communities. Current consensus and previous projects have used Meals on Wheels and any volunteer help is greatly appreciated. If you would like to nominate an organization for TSDA to team up with please submit suggestions to the TSDA email at [eatrighttsda@gmail.com](mailto:eatrighttsda@gmail.com)

More information on this year's project will be available soon!



## The Annual Dietetic Internship Preparation Workshop

This Year's Texas A&M University Dietetic Internship Preparation Workshop is scheduled to occur on October 19th at the Philips Event Center in Bryan, Texas. The workshop is an excellent opportunity for dietetics students to gain insight on how they can polish themselves to become a competitive candidate when advancing to the internship application step of their educational career. The Texas Student Dietetics Association will provide a booth with information on joining TSDA, how





## RD Mentorship Program

Ever wondered what it would be like to have a Dietitian working with you one on one? Now's your chance! The University of North Florida and Texas A&M University have built a program to help mentor dietetic students in pursuit of their degree. The program has helped students enhance their learning experience through one on one mentorship and projects.

For more information visit [http://unf.co1.qualtrics.com/jfe/form/SV\\_b2EMLMJ9wYKCGuF](http://unf.co1.qualtrics.com/jfe/form/SV_b2EMLMJ9wYKCGuF)

TSDA can help students succeed, and selling discounted merchandise as well. For more information on the workshop visit the TAMU Dietetic Internship Workshop page on Facebook and be on the lookout for more updates with the TSDA.

### *Back to School Tips!*

Make sure you are geared up for back to school by using these tips!

- Back to school sale on TSDA merchandise marks T-shirts down to \$18 and tumblers down to \$25!
- Make lists for your supply purchases so as not to forget anything.
- Prepare a desk, office or workspace ahead of time and invest in tools to keep the area organized.
- Get in the habit of prepping meals ahead of time so you're never stranded and having to skip a meal.
- Start getting into a routine now. Going to be early, getting some fresh air and exercise, eating balanced meals and setting aside time to study can be helpful in your success!

