SERVICE LEARNING IN NUTRITION & DIETETICS

Service Learning Program Description

The N&D Service Learning Program was initiated in 2010 and aims to facilitate students’ development of personal and professional interests and skills which will better prepare graduates for practice in nutrition or dietetics. Participation in service learning is required for all students majoring in Community Nutrition or Dietetics.

What is Service Learning?
The Center for Community Engagement at UND defines service learning as, “experiential learning for academic credit that combines community service with student learning.”

The Nutrition & Dietetics Department will expand that definition to include:
Any carefully monitored experience in which a student has intentional learning goals and reflects actively on what he/she is learning throughout the experience. Students will be able to apply the experience to their own personal and academic development.

Service learning in the Department of Nutrition and Dietetics will be a combination of the student identifying and pursuing areas of interest to themselves and fulfilling expectations set forth in various classes.

Service Learning Program Expectations

Student Expectations:
- Create service learning goals
- Engage in required number of service learning hours for your major. Effective 1/1/2013:
  - 60 hours completed to apply to the professional phase of the Coordinated Program in Dietetics
  - 80 hours completed to apply to the supervised practice in Community Nutrition
  - 10 hours per year beyond classroom assignments after acceptance into the coordinated program or supervised practice.
- Develop a reflective portfolio of experiences
- Note: in order to have a positive experience and to represent the UND Department of Nutrition and Dietetics in a positive manner, you are expected to adhere to your time commitment and to perform your agreed upon responsibilities willingly and without hesitation.

Adviser Expectations:
- Communicate the potential benefits of service learning activities.
- Monitor student progress toward service learning goals at student advising meetings during fall and spring semesters.
- Communicate service learning opportunities that arise.
- Inform students of potential service learning activities upon request.
Benefits of Service Learning

- Builds character; develops values
- Broader appreciation of the field of nutrition and dietetics
- Enhance sense of civic responsibility
- Strengthens ideas presented in the classroom
- Addresses local needs of the community; brings about a positive change in the community
- Builds your professional network
- Brings about an understanding of larger social issues
- Helps fulfill one’s obligation to give back to one’s community
- Develops skills that make your marketable in your profession.

Students Will Develop Their Own Learning Goals

Each experience must encompass community service (#3) plus one of the other two competency areas listed below:

1. Career Development and Exploration/Employability Skills
2. Personal Attributes
   a. Leadership characteristics
   b. Communication skills
   c. Organizational skills
   d. Ability to function as a team member
   e. Gaining appreciation for others who are different than you
3. Community Service – Civic Impact

EXPERIENCE GAINED THROUGH:
- Campus activities and student organizations
- Designated service learning activities and class assignments that have a civic impact.
- Job shadowing beyond what is assigned in N&D 100
- Volunteering in the community or related worksite
- Completion of A&S 497: Internship in Nonprofit Leadership
- Examples of specific programs, activities or organizations include Meals on Wheels, Altru, Northlands Rescue Mission, St. Joseph’s Food Pantry, Culture Nights, Global Friends Coalition, Salvation Army, TEAM Nutrition. The Volunteer Bridge, located in the Student Involvement office in the Memorial Union, can provide further information on volunteer opportunities, and your academic advisor may also be able to give you direction.
Monitoring, Assessment and Evaluation

Your service learning becomes part of a portfolio that will serve as a pre-requisite to either:
1. Admission into the professional phase of the Coordinated Program in Dietetics; or
2. Being assigned a supervised practice experience for Community Nutrition majors.

The service learning segment of your portfolio should include a collection of materials that demonstrate to others what you have accomplished through your service learning activities. Pictures of you in action add interest. A time-log that documents the amount of time spent in activities is important to include, and a narrative reflecting on your experience is critical to measure your progress toward your service learning goals. Following is a list of several areas to focus reflection on. Use the areas that seem appropriate for your experience:

∞ Describe what you did at your Community Service site today
∞ Describe the mission (or relevance) of your activity/project
∞ Describe your reactions to what you did today – both emotionally and intellectually
∞ Describe the feedback you received from the people you worked with
∞ Describe your feelings and attitudes – the changes in thoughts, feelings or opinions that may have resulted from these experiences
∞ Describe what you learned
∞ Describe what you would change about today’s activity
∞ Analyze the community organization, ie. what are they doing well and what could they be doing better
∞ Explain how this experience relates to the profession you have chosen to study.
∞ Describe what effect this experience had on your desire to pursue your goal of a profession in nutrition or dietetics.

Your academic advisor will periodically ask to discuss your service learning experiences with you, and you are encouraged to bring your collection of materials to your advising sessions each semester.

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