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From College to Internship to Job

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Maybe This is YOUR Future

From
COLLEGE
to
INTERNSHIP
to
JOB

By *Donna Schneider*

Technical Journalism Junior

THE WOMAN IN DEMAND is the woman with a degree in foods and nutrition, and her future is doubly bright if her major is dietetics.

Hospitals, schools, restaurants and industries desperately need trained women to direct their food services. Mrs. Irene Buchanan, Home Economics Placement Director, said, "The job outlook is marvelous! There are four or five openings for every graduate in dietetics."

Obviously, jobs aren't hard to find, even without additional training. But the graduate who wants rapid advancement to a responsible, high-paying position will find a year of internship her ticket to success.

Two Types of Internships

There are two types of internships, therapeutic and administrative. Most of these are taught in hospitals, often a college hospital. An administrative internship trains women for food production and personnel management in commercial food services such as restaurants or schools. Therapeutic internship includes administrative training to some extent, but concentrates on diet therapy in hospitals. It prepares women to plan special diets, serve food to patients and instruct patients, student nurses and student dietitians.

Miss Melba Pickenpaugh, graduate assistant in the food and nutrition department, chose therapeutic dietetics because it's such a versatile field. "You are trained to go into many other jobs besides hospital dietetics," she said. Miss Pickenpaugh, who took her internship at the University of Michigan Hospital, said that she received both therapeutic and administrative experience, while in administrative internships one gets only managerial experience.

Answering Miss Pickenpaugh, and with equal enthusiasm for administrative internships, is Miss Jeanne Larson, instructor in the food and nutrition department. Miss Larson took her internship at the University of Indiana Hospital.

Miss Larson began a therapeutic internship and then switched to administrative training because she enjoyed the responsibility of ordering food and directing its preparation and service without being in direct contact with patients.

Dr. Marjorie McKinley, Department of Institutional Management, emphasized that an internship is not just another year of college expense. Most hospitals furnish room, board and laundry. Some even include a subsistence allowance.

A Busy Life

There are some similarities to college, however. The girls still go to classes. Miss Pickenpaugh said that most trainees work an 8 hour day in the hospital. Classes may be included or in addition to those hours. Trainees go from one service to another; working with patients to plan their diets, in pediatrics wards, food production, cafeterias and with patients who come in for diagnosis and prescriptions.

Miss Pickenpaugh lived in a house with 17 other trainees. Living quarters were provided by the college, but there were no housemothers or hours. She added that girls need not live in housing provided by the hospital.

From Internship Into Job

Miss Larson wholeheartedly endorsed internships. "They help you decide what field of dietetics is really best for you." Miss Pickenpaugh added that she would have felt completely unprepared to step into hospital work directly after college.

Another advantage stressed by both women is the American Dietetics Association membership trainees acquire. Miss Pickenpaugh said the ADA is an excellent means of contact with others in field and it helps its members find jobs. The only other way to get an American Dietetics Association membership is to work under a member for 3 years.

Miss Larson mentioned that some hospitals offer a master's degree along with the internship. "It usually takes about two months longer than the regular internship," she said.

"But after internship, what?" you may ask. What can you do with your experience if you marry and aren't living near a large hospital. Dr. McKinley said that opportunities are unlimited, even in small towns. She suggested part time dietetics work with several hospitals near a small town. Many dietitians spend half a day visiting the hospitals that can't afford a full-time dietitian. The planning can be done at home and phoned to the hospitals. "And there's free-lance writing about food that even Army wives can do," she added. She also suggested school lunch programs or companies needing dietitians as possible job opportunities for graduates who do not live near large hospitals.