SERVICE LEARNING IN NUTRITION & DIETETICS

Service Learning Program Description

The N&D Service Learning Program began 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 50 hours of service learning is required for all students majoring in Human Nutrition or Dietetics prior to placement in professional sites for training.

What is Service Learning?
The Center for Community Engagement at UND defined 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. Experiences with food- or nutrition-related activities are encouraged.

Service Learning Program Expectations

Student Expectations:

• Engage in required number of service learning hours for your major:
  o 50 hours completed to apply to the supervised practice in Human Nutrition
  o 50 hours completed to apply to the professional phase of the Coordinated Program in Dietetics plus 10 hours for each year in the coordinated program in dietetics.
• 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 the agreed upon responsibilities willingly and without hesitation.

Advisor Expectations:

• Communicate the potential benefits of service learning activities.
• Monitor student progress toward service learning goals at student advising meetings.
• Communicate potential service learning opportunities.
• 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 you 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. The Student Involvement and Leadership office in the Memorial Union, can provide further information on volunteer opportunities, and your academic advisor may also be able to give you direction.
FREQUENTLY ASKED QUESTIONS

Why is service learning required?

- The Nutrition & Dietetics Department made the decision to require service learning for all of its' majors for several reasons:
  - Service learning is consistent with the mission of our University
  - It provides opportunities to meet new people with common interests
  - Service learning provides a unique level of learning and growing beyond the classroom
  - It is consistent with the Nutrition and Dietetics professions, which are service-based professions
  - It exposes you to potential career opportunities
  - It helps you identify where your interests related to nutrition & dietetics are
  - It provides opportunities for you to network with people in the community, which is beneficial when seeking jobs within the profession
  - It helps develop skills that make you marketable in your profession

Can my volunteering in church and for other organizations on campus count toward service learning hours?

☐ Volunteer activities done for church and for other organizations can be counted toward service learning hours. However, you are urged to strike a balanced approach. For example, if teaching Bible school is something that has been part of your normal routine for some time, consider adding something else that is service oriented yet self-initiated and outside the realm of usual.

Can my sorority/fraternity service count for service learning hours?

☐ Many skills and abilities are developed through sorority and fraternity activity. If your activity meets the competencies listed in the N&D department (i.e., must encompass non-paid community service plus at least one other competency including career development or personal attributes such as leadership, communication, organization, team player or diversity) you may count it as service learning.

Do I have to complete my hours during the school year?

☐ You may complete your hours at any time of the year that is convenient for you. The summer months may work better for your own personal circumstance, and you may count the activities you do in the summer toward your service learning requirements.
Do the experiences I do have to be related to nutrition?

- It is a good idea to spend some of your service learning hours in nutrition-related activities. At the same time, many skills you hone outside of nutrition programs can be easily applied to the profession of nutrition and dietetics. Refer to the section entitled: “Service Learning in Nutrition & Dietetics” for guidance in developing your learning goals.

Is there a dress code?

☐ The appropriateness of attire depends on the environment where you are. Consult with your contact person at each experience to learn what expectations they may have in relation to your personal appearance.

Does the volunteering have to be done in Grand Forks?

☐ Not at all. In fact, we encourage you to look beyond the Grand Forks community.

Where can I find places to volunteer at?

☐ SAND leaders are provided student organization weekly updates from the Student Involvement and Leadership office. The updates include volunteer opportunities which they will share with you.
☐ Several N&D classes include a service-learning component. The instructor for each class will indicate how many service learning hours you may claim for class activities.
☐ You may also be familiar with organizations in your own community that would benefit from your services. Check out organizations such as local chapters of the American Diabetes Association or American Heart Association.
☐ Your academic advisor may also be able to direct you to service-learning opportunities.

If I’m being paid to work, can it count toward my service learning hours?

☐ No, it cannot. One of the criteria that must be common to all of your experiences that are counted is that is must be of service to the community (ie volunteer).

Will I need to complete service learning requirements if I am a transfer student?

☐ It is a goal of the department for all graduates to possess the skills and abilities developed through service learning activities. This means all applicants to the UND Coordinated Program in Dietetics or to the Human Nutrition supervised practice must show evidence of service learning hours. If you are in a unique situation, the best suggestion is to work with your advisor to come up with a reasonable plan for completion of service learning requirements.
If you choose to make your own contacts, here are a couple of questions you might consider asking the facility or agency:

- Be sure to contact the agency ahead of time; don’t assume you can just show up unannounced to volunteer.
- Inquire whether there are specific dress code requirements
- Clarify what requirements must be in place prior to volunteer your service at that organization, such as orientation, training or a criminal background check
SERVICE LEARNING ACTIVITY LOG

Student name: ____________________________

Total hours of service: ____________________

I certify the total hours listed were worked at the service learning site identified.

________________________________________
Student signature

________________________________________
Date

In the appropriate spaces provided below, please record your service-learning activities. The appropriate individual where you completed the service work must sign off on your activities/hours.

<table>
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January 2019