

Career Research Paper

1. Describe the career. What are the typical job duties?

The career I am choosing to research is a dietitian. The typical duties include meeting with clients and advising them on healthy food choices that meet their specific energy requirements. They can also be involved with menu planning at institutions such as a school, a hospital or even in a military setting. They must be knowledgeable on Vitamins and Minerals and can help people with certain medical conditions to make a balanced diet that meets their intake needs. Another typical job duty is teaching people about healthy eating and can include going to schools to do presentations that are meaningful and engaging to the students and people who may be looking to improve their health.

2. What are your personality strengths that match this career?

My personality strengths that match this career are my people skills and my ability to analyze and interpret numbers and data. I will be able to help people realize their options for health and guide them to a better life. I am also comfortable speaking to people about tough topics. For many people their weight can be an emotional soft spot and I would be able to respectfully guide them and advise them on how to change their life for the better.

3. Using the information from Chapter 3 about interests in your E-Text, how does this career match your interests (Realistic, Artistic, Social, Investigative, Conventional, and Enterprising)?

This career matches my top interests on the profiler Social, Investigative and Artistic. As an RD, I would be working closely with clients to help them gain an understanding of what a healthful diet means for them. This would also meet my artistic and investigative interests because I would have to design and develop eating plans for my clients that are unique to their needs. That requires paying attention to their food preferences and allergies, if any exist and coming up with creative and do-able meals that will help them get on track with their life goals. Some other reasons I would be happy and enjoy this career is that food science is a budding field and new discoveries are being made very often, so I would be challenged to stay up to date on the food trends as well as discern good research from money grabbing fads.

4. How does this career match your preferred lifestyle?

This career matches my preferred lifestyle because it would allow me to spend time working with people and would not interfere with me having a life outside of work. I would be able to spend time doing things I love like being outdoors and spending time with friends in conjunction with having a fulfilling career.

5. What are some advantages and disadvantages of working in this career?

Some advantages of being a dietitian are being very knowledgeable about foods and how they affect the body. It is a healthcare career dealing with a very relevant crisis going on in the US so there will be many people I am able to help. Some of the disadvantages of working in this career are that some of what I say could fall onto deaf ears and would lead some people to resent me. I am confident that I will be able to overcome this negativity by staying positive, being sensitive to others needs, but most importantly by being honest.

6. What is the potential salary or earnings for this career?

The average entry-level salary is \$40,000-50,000. This can be higher for those who are in management or who work as a private consultant.

7. What is the projected job growth or outlook for this career?

I am very interested in being a military dietitian in the Air Force. It is an officer position and will require me to finish my degree. The job outlook is very good with an expected increase of 20% in job availability.

8. What are the educational requirements?

To become a registered dietitian, one must earn a bachelor's degree from an accredited institution, complete an internship to learn the job, and finally pass an exam administered by the academy of nutrition and dietetics. I think that it would also be very important to get educated in communication so that once you have the food knowledge, you are able to simplify and apply it to people in your community.

9. What interesting facts did you discover?

I discovered that there are military options for this career which is awesome because I am from a military family and always wanted to do that. I also found out that there is an exam required. I think it is very interesting the many ways in which one can apply this kind of work. There is great potential to do good in a community and that really fires me up to help out and make people's lives and the quality of their lives better.

10. List the three additional sources of information that you used.

Academy of Nutrition and Dietetics. Website. <http://www.eatright.org>. Accessed 12/13/13.

Explore Health Careers. Website. <http://explorehealthcareers.org/en/Career/139/Dietitian>. Accessed 12/13/13

US Air Force Healthcare Pay. Website. <http://www.airforce.com/benefits/healthcare-pay/>. Accessed 12/13/13