PRE-DIETETICS

To prepare for post-baccalaureate study in Dietetics, students choose our BS in Nutritional Sciences (http://catalog.uwm.edu/health-sciences/kinesiology/nutritional-sciences-bs). This four-year, science-intensive program will help you better understand the relationships among food, nutrients, eating behavior, wellness and human health. In addition to sharpening the scientific and technical knowledge and skills essential to nutritional sciences, you’ll develop critical thinking and professional communication skills through coursework in public speaking, statistics, business and professional writing, and courses that delve into the relevant research literature. You’ll graduate with a sound base in nutrition education, health promotion and disease prevention, which will have prepared you to join the workforce or continue on to graduate school.

For more information on UWM's pre-Dietetics preparation, contact our Nutritional Sciences Program Director, Lori Klos. (https://uwm.edu/healthsciences/directory/klos-lori)

The field of Nutritional Sciences is rooted in the study of natural sciences (e.g., chemistry and biology), social sciences (e.g., psychology and sociology) and health sciences (e.g., human growth and development). The B.S. Nutritional Sciences degree program provides students with a strong foundation in science in order to understand the relationships among food, nutrients, eating behavior, and human health.

Students should plan for four years of science-intensive study to complete the degree requirements:

- Biological Sciences (Foundations, Microbiology, and Anatomy & Physiology) - 16 Credits;
- Chemistry (General, Quantitative Analysis, Organic, and Biochemistry) - 21 Credits;
- Statistics - 3 credits;
- Nutritional Sciences - 37 credits across Introductory, Intermediate, and Advanced levels;
- Communication, Composition, and Professional Writing - 9 credits.

In addition, students complete the University's General Education Requirements and have 16 credits of Electives to complete coursework required by ACEND accredited Dietetics programs. The complete Pre-Dietetics Curriculum is available on our website: https://uwm.edu/healthsciences/academics/bachelors-nutritional-sciences/.

I’m a new student. How do I start?

You are assigned an academic advisor upon admission to UWM. New Student Orientation (NSO) (https://uwm.edu/healthsciences/students/new-student-orientation) helps those who are new to campus learn and understand the enrollment process and enroll in classes for their first semester at UWM! You should ask to have the designation “Pre-Dietetics” added to your academic record.

When should I meet with my advisor?

Students are encouraged to meet with their advisor at least once per semester to ensure timely progress to graduation.

- **Enrolling for spring semester?**
  Schedule an appointment with your advisor in October or November.

- **Enrolling for fall semester?**
  Schedule an appointment with your advisor in March or April.

Students are also welcome to schedule an appointment with their advisor at any time to discuss academic challenges, career opportunities, or any other questions.

How can my advisor help me?

CHS boasts professional academic advisors who understand the challenges of balancing academics, work, family, and the social aspects of college life. Advisors partner with you to:

- Explore your academic and career interests
- Plan the sequence of your courses
- Prepare for course enrollment
- Access tutoring and other academic support
- Identify opportunities for campus involvement
- Connect you to campus resources
- Plan for graduation

Who is my advisor?

Undergraduate students who have declared an intent to pursue Pre-Dietetics are advised by Torry Rufer (https://uwm.edu/healthsciences/directory/rufer-torry). Contact Torry at 414-229-2758 or tjruefer@uwm.edu.