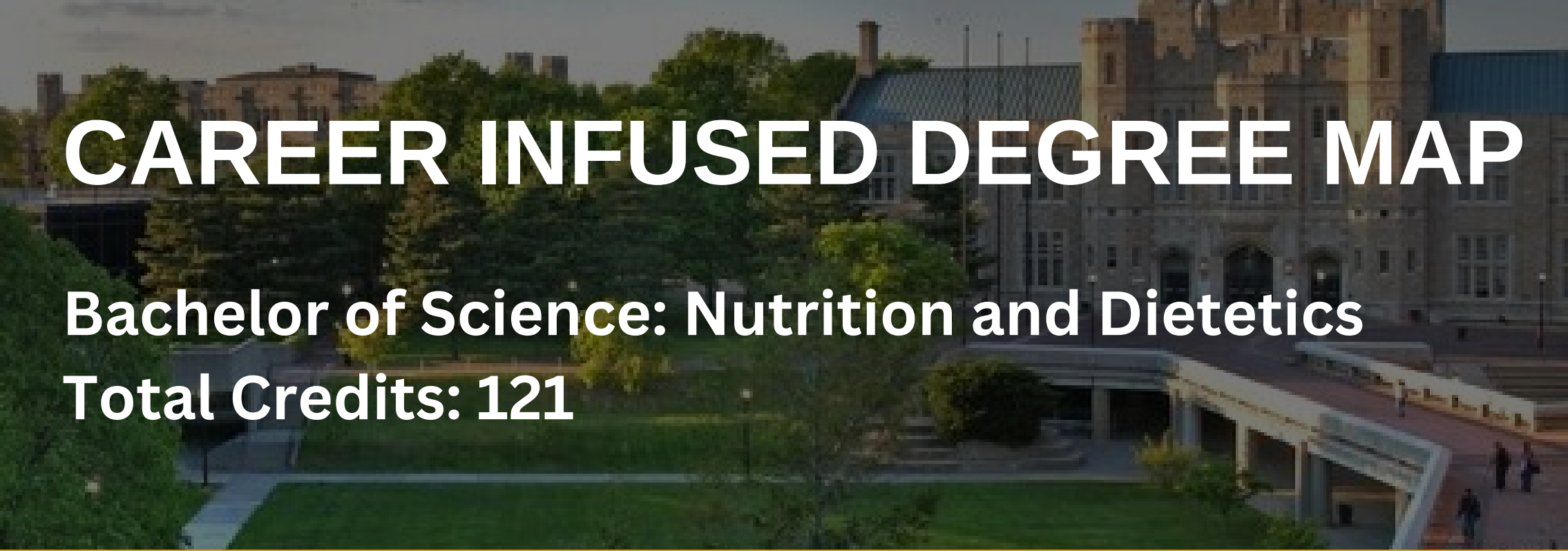




CAREER INFUSED DEGREE MAP

Bachelor of Science: Nutrition and Dietetics
Total Credits: 121

The B.S. in Nutrition and Dietetics prepares students to apply the science of food, nutrition, and health to promote wellness, prevent disease, and pursue careers or advanced training in dietetics, clinical nutrition, public health, and related fields. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

SOPHOMORE

ACADEMICS

CAREER READINESS

CREDITS

- 3
- ENG 111 - English Composition I
- 4.5
- CHE 114 – Essentials of General Chemistry Lecture **AND**
CHE 115 – Essentials of General Chemistry Lecture
- 3
- MAT 126 - Quantitative Reasoning
- 3
- LEH 250 - First-year Seminar
- 4
- BIO 181 – Anatomy and Physiology I
- 17.5
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Activate your Handshake account to begin exploring career resources and opportunities available through your college’s Career Exploration and Development Center.
- ☐
- Join a Lehman student club or organization to begin building your network and developing soft skills (Nutrition Club, NYSAND, ASPDA, ASPHN).
- ☐
- Create a resume to begin documenting your achievements. Review resume samples for your major in the Resources section of the Career Center page on Handshake.
- ☐
- Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training (Lehman IT Center, Lehman Tutoring Center, Office of Campus Life).

2ND SEMESTER

- 3
- ENG 121 - English Composition II
- 4.5
- CHE 120 – Essentials of Organic Chemistry Lecture I **AND** CHE 212 – Essentials of Organic Chemistry Laboratory II
- 4
- MAT 132 – Introduction to Statistics
- 4
- BIO 182 – Anatomy and Physiology II
- 15.5
- TOTAL CREDITS

- ☐
- Create a LinkedIn account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐
- Take the Focus 2 Career Assessment (code: Lightning), and explore employment options, subfields, career paths, research opportunities in Nutrition and Dietetics. (American Society for Nutrition, Academy of Nutrition and Dietetics, Occupational Outlook Handbook, National Institutes of Health)
- ☐
- Create a first-draft cover letter you can use to apply to professional development opportunities (scholarships, research opportunities, CUNY pipeline programs).
- ☐
- Participate in an early career skills training program (America Needs You, Year Up, CUNY Beyond).

CREDITS

- 3
- General Education Foreign Language Option (Course Set)*
- 3
- Flexible Core Creative Expression (Course Set)
- 3
- Flexible Core Individual and Society (Course Set)
- 3
- Flexible Core U.S. Experience in Its Diversity (Course Set)
- 3
- Elective
- 3
- CED 102 – Introduction to Career Development
Note: This class is optional
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Identify a mentor in your field with whom you can check-in periodically (School of Health Sciences, Human Services and Nursing).
- ☐
- Apply for internships that provide hands-on experience in nutrition and dietetics (Brighterbites, City Harvest, Food Bank for NYC, NY Common Pantry, New York Cares, NYC Health + Hospital, Handshake, CUNY industry partnerships)
- ☐
- Start preparing yourself for the ServSafe Certification
- ☐
- Attend the ‘Mastering the Art of Interviewing’ workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on Handshake.

2ND SEMESTER

- 3
- General Education Foreign Language option (Course Set)
- 3
- Flexible Core World cultures and Global Issues (Course Set)
- 3
- Flexible Core – Any Area (Course Set)
Notes: No more than two courses from the same discipline may be used to satisfy the Distribution Requirement
- 1
- DNF 200 – ServSafe Certification I
- 3
- Elective
- 13
- TOTAL CREDITS

- ☐
- Take the ServSafe certification and add it to your resume after passing.
- ☐
- Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Sciences, Human Services and Nursing.
- ☐
- Track your internship/volunteering applications.
- ☐
- And try to secure an internship or volunteering position for the summer.
- ☐
- Identify skills and certificates you can earn to specialize or supplement your studies (CUNY Upskilling; LinkedIn Learning, free with an NYPL card; Coursera, free via NYS DOL).
- ☐
- Become a student member of a professional organization in your field (Nutrition Club, NYSAND, ASPDA, ASPHN).

**Notes: Students are required to take two foreign language courses in the same language. Only students who transfer into Lehman with an associate’s degree are exempt from the Foreign Language Requirement. Students who continue in a foreign language previously studied in high school or college or completes one semester of a foreign language at the intermediate level or above, kindly contact the Languages and Literatures department for proper placement*



CAREER INFUSED DEGREE MAP

Bachelor of Science: Nutrition and Dietetics
Total Credits: 121

ACADEMICS

CAREER READINESS

JUNIOR

CREDITS

- 3
- LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and Abstract Thinking
- 3
- DFN 215 – Introduction to Nutrition
- 3
- DFN 248 – Nutrition in Health Care
- 3
- DFN 221 – Social and Cultural Determinants of Food and Health
- 3
- Elective
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal.
- ☐
- Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐
- Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐
- Attend the ‘Networking Strategies’ workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐
- Begin exploring the process for applying to graduate school.

2ND SEMESTER

- 3
- LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and Abstract Thinking
- 3
- DFN 321 – Food Science and Microbiology
- 3
- DFN 340 – Community Nutrition and Food Justice
- 3
- DFN 341 – Nutrition Throughout the Life Cycle
- 1.5
- DFN 120 – Laboratory Special Topics I **OR**
DFN 220 – Laboratory Special Topics II **OR**
DFN 260 – Food Culture Laboratory **OR**
DFN 270 – Lifecycle and Therapeutic Foods Laboratory **OR**
DFN 280 – Food Production and Management Laboratory **OR**
DFN 290 – Sustainability In Food and Food Systems Laboratory
- 1.5
- DFN 120 – Laboratory Special Topics I **OR**
DFN 220 – Laboratory Special Topics II **OR**
DFN 260 – Food Culture Laboratory **OR**
DFN 270 – Lifecycle and Therapeutic Foods Laboratory **OR**
DFN 280 – Food Production and Management Laboratory **OR**
DFN 290 – Sustainability In Food and Food Systems Laboratory
- 16
- TOTAL CREDITS

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐
- Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐
- Volunteer or work part time in a diet office at a hospital for clinical exposure if possible (NYCHHC, NYP, Indeed, LinkedIn)
- ☐
- Begin drafting your professional/personal statement
- ☐
- Start requesting letters of recommendations for Registered Dietitian program
- ☐
- Meet with your advisor to confirm academic progress towards your DPD Verification

SENIOR

CREDITS

- 3
- DFN 369 – Research Methods in Nutrition
- 3
- DFN 430 – Management of Food and Nutrition Services
- 3
- DFN 348 – Nutrition in the Management of Disease I
- 3
- DFN 437 – Nutrition Education & Counseling
- 3
- Elective
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter and prepare for interviews.
- ☐
- As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐
- Meet with your advisor to confirm your DPD verification.
- ☐
- If applicable, begin drafting your application materials and identify your faculty references for graduate school.

2ND SEMESTER

- 2
- DFN 469 – Critical Issues in Food and Nutrition **OR** DFN 471 – Field Experience in Clinical Nutrition **OR**
DFN 472 – Field Experience in Food and Nutrition
- 3
- DFN 448 – Nutrition in the Management of Disease II
- 3
- DFN 445 – Nutritional Biochemistry
- 2
- DFN 441 – Seminar in Professional Practice of Nutrition and Dietetics
- 4
- Elective
- 14
- TOTAL CREDITS

- ☐
- Attend employment fairs, professional panels, and nutrition and dietetics conferences to widen your network and connect with recruiters.
- ☐
- Mine job sites and apply for career-related roles (NYCHHC, NYP, Indeed, Mount Sinai, NYU Langone, Hospital for Special Surgery, Northwell Health, Urban Health Plan, Community Healthcare Network, SimplyHired, LinkedIn, Handshake).
- ☐
- Record your progress and remember to follow up on your applications.
- ☐
- Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐
- Complete the Cap and Gown Survey in CUNYfirst.
- ☐
- If applicable, complete the process of applying to graduate school.

***Notes:** these are variable topics courses, where each section covers a special topic. Pre-requisite: You must have achieved 60 credits and declared your major. Integration Courses: LEH 352: Studies in Literature, LEH 353: Studies in Arts, LEH 354: Studies in Historical Studies, LEH 355: Studies in Philosophy, Theory & Abstract Thinking (LEH 351: Studies in Science & Applied Perspectives, is NOT a College Option for this Major).

Career.services@lehman.cuny.edu - 718 960-8366 - www.lehman.edu/careerservices