

Mentoring Assignment

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Independent Practice

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The virtual internship open house offered a great opportunity for the dietetic internship applicants to connect with and engage with the interns. The event was organized and presented via an online platform. In preparation for the event, we subdivided tasks, thereby allowing each member to work on a designated part of the project. For instance, Lauren discussed a personal statement, while Isabella gave the introductory remarks and explained how to apply. During the event, there was a section where each speaker spoke about their work and the duties assigned to them. For instance, Sally explained how her internship at a hospital involved working closely with the clinicians and the diet team. It was a great experience that exposed her to the interconnected nature of the medical field and how professionals collaborate to uphold patient safety.

In retrospect, my experience reaffirmed the importance of teamwork and improving communication among people. The event also helped listeners get a glimpse of the work they would cover when they went for an internship. Further, it helped to clarify some key concerns and challenges. During the question-and-answer session, the speakers clarified major concerns about working full-time or part-time. Also, there was a clear explanation of how to classify community hours, clinical hours, and credits. The speaker also explained how rotations would be structured. All these are key concerns that arise during internships.

The experience reaffirmed my appreciation for precepting. During the event, I learned that precepting helps bridge the gap between classroom instruction and the real-world applicability of the topics covered. A notable example involves learning how to analyze and formulate a diet. Through the preceptor approach, interns learn an ethical stance and apply relevant communication skills when interacting with various stakeholders, including other medical personnel, patients, and their relatives. Thus, precepting helps improve professionalism within the sector. It also helped improve my knowledge retention and foster knowledge exchange during team interactions.

Reflecting on my time at the open house, I have come to understand that teamwork, professionalism, and mentorship are core aspects of my future Registered Dietitian Nutritionist (RDN) role, and I have a duty to mentor and share my skills with others. Knowledge exchange plays an integral role in sharpening my skills and equipping me with relevant insights to perform my role effectively.