

**Professional Self-Evaluation**

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**Independent Practice**

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## **Experience over the past year**

The past year has been a great learning phase and a transformative period for my personal and professional growth. One of the key learning points centered on clinical service. This occurred during the first three rotations, in which I gained proficiency in nutritional assessments and charting using the ADIME charting approach. Another key lesson was targeted at my community skills. In the subsequent three rotations, I was engaged in community nutrition events. During such events, I came to appreciate how the field of nutrition is influenced by social determinants of health. Also, I learned to simplify complex nutritional needs into actionable, culturally relevant health solutions. I also got to learn about food service and nutrition during the remaining rotations. At the time, I was actively involved in preparing a meal plan. I got to appreciate dietetic practice by witnessing firsthand the importance of food safety and how streamlining operations impacts service delivery. The final food service and management rotation taught me the significance of risk management and foresight. When handling food, it is necessary to have adequate knowledge on how to read meal logs, analyze nutritional contents, and determine the impact of certain components when compared to others.

## **Significant accomplishments or contributions during the DI**

A key accomplishment I achieved was developing a themed meal plan and providing comprehensive patient education when I was the project lead for a nutritional campaign within the facility. I began this project by identifying gaps and pitching it to the management. By the end of the campaign, there was a 10% rise in cafeteria sales. A test was done prior to the training, and another conducted after it to determine how the residents understood the taught concepts. The 10% rise occurred after 3 months and was done in consultation with the cafeteria staff, who recorded demands for the healthy meals. The other core accomplishment was in the case study presentation. I helped present a case study to the clinical team. The

presentation was also instrumental in helping decipher key insights relevant when preparing for a community nutritional project. While preparing for the community event, I worked as part of a team and collaborated with my peers to ensure its success. As part of the team effort, each member had to create a meal plan and share it with the team. Also, the members discussed some of the challenges they faced when drafting meal plans.

### **Plans to negotiate increased responsibilities**

Given my experience at the facility, I would negotiate increased responsibilities by demonstrating my readiness to serve the residents in the capacity of an educator and key resource person. I would request my preceptor to allow me to talk to residents and to simplify complex medical jargon. I would also use my key strength as a communicator to justify that I am a skilled educator. Further, I would explain how my past actions have contributed to the agency's operational effectiveness, especially once the residents gain relevant health-related knowledge and apply it in their daily life. By using an example from my past accomplishments, whereby part of the information I presented in a virtual session was printed into a brochure, I would express my willingness to take on more complex tasks and gain more knowledge. I would also frame the request as not being influenced by monetary gain, but by the need to ensure I receive professional guidance while contributing to the agency's wellbeing. I would be open to feedback and evaluation to ensure that any added responsibilities are managed effectively.

### **Areas of improvement**

An area I feel I need to improve is in nutritional support for dietary needs. I plan to improve my confidence in parenteral nutrition. For this, I would like to continue my education by studying resources available from the American Society for Parenteral and Enteral Nutrition and to seek support from the senior clinicians at the facility.

## **Career goals**

One of my career goals is to pass my examination and obtain a position as a clinical dietitian. To attain this goal, I plan to engage in intensive online revision to acquire relevant knowledge, then update my resume once I pass the examination. I would also update my LinkedIn profile to reflect my academic prowess. In a bid to position myself as a worthy candidate for potential clinical dietitian roles, I will network with hiring managers and constantly express my interest in jobs I can handle.

The second career goal is to be actively involved in dietetic practice groups. Within three months of passing my examination, I hope to join a dietetic group. I hope to attend any workshops and network with industry stakeholders. This will help me form close ties with industry experts who will serve as my mentors and help me advocate for my career trajectory.