Results of Survey of Students 2000-2005

Please answer the following questions:

1. **Please mark with a √.**
   - I am a graduate of the MS program  □  n = 28
   - I am a current student in the MS program  □  n = 10

2. **For graduates only.** What semester and year did you complete your MS degree?
   Semester  ________________  Year  ________________

3. **Current students.** When do you expect to finish your degree?  ________________

4. **Please mark with a √.**
   Which Option did you follow, or are you following?
   General Nutritional Science  __4__  Nutrition Education  __34__

5. **When did you begin the graduate program?** Semester  _______ Year  _______

6. **Why did you choose to attend CSU, Chico for your graduate work?** Please check all that apply.
   - **53%** strength of academic program
   - **90%** location
   - **61%** desire to work/study with NFSC faculty
   - **58%** availability of dietetic internship
   - **32%** internship (work-related experiences) opportunities
   - **42%** cost/financial reasons
   - ______ other; please specify in the space below

   please see attachment
7. Please tell us how well the program prepared you in the areas described below (a-j). Provide comments in the space provided for you at the end of this section of questions.

<table>
<thead>
<tr>
<th>√ in the column that best describes your preparedness</th>
<th>1</th>
<th>2</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>a. Increased knowledge of nutritional science</td>
<td></td>
<td></td>
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<tr>
<td>NFSC 325B – Macronutrients</td>
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<td>NFSC 325C – Micronutrients</td>
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<td>b. What applied nutritional science courses did you take? Please check. If none taken skip to c.</td>
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<tr>
<td>NFSC 325 A – Clinical Nutrition</td>
<td>3.9</td>
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<td>NFSC 325 E -- Developmental Nutrition</td>
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<td>4.4</td>
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<td>NFSC 325 G -- Community Nutrition</td>
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<tr>
<td>Increased knowledge in areas of applied nutritional science</td>
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<td>c. Developed ability to design and conduct an independent research project</td>
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<td>4.4</td>
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<td>d. Increased competency inability to read scientific literature (research methodology, critical thinking, and data interpretation)</td>
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<td>e. Develop ability to give a seminar (presentation of research and/or specific topic in nutrition using current literature)</td>
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<td>f. Increased competency in use of technology, e.g. PowerPoint, Statistical software, Web, etc.)</td>
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<td>g. Provided opportunities for pre-professional experiences (i.e. 389s – graduate internships)</td>
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<td>h. Increased your potential for employment</td>
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<tr>
<td>i. Prepared you for further graduate study</td>
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<td>j. Prepared you for a career in nutritional science or nutrition education</td>
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</table>

Comments regarding items 7a - 7j:
Please see attachment

8. What electives did you take outside of the Nutrition Program? (e.g., HCSV 279 Grant writing)

<table>
<thead>
<tr>
<th>Course</th>
<th>Rating</th>
<th>(n)</th>
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</thead>
<tbody>
<tr>
<td>HCSV 279</td>
<td>4.2</td>
<td>20</td>
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<tr>
<td>Chem 250A</td>
<td>5.0</td>
<td>1</td>
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<tr>
<td>Phys Ed</td>
<td>3.5</td>
<td>2</td>
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<tr>
<td>Biol 219</td>
<td>5.0</td>
<td>1</td>
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<tr>
<td>REC</td>
<td>5.0</td>
<td>1</td>
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</table>

| a. Increased knowledge in areas outside the Nutrition Program. (high) | 1 (low) to 5 | 4.2 |

Comments: please see attachment
9. Did you complete a Dietetic Internship? Yes ☐ 75% No ☐ 25%
   If yes, check appropriate response.
   ☐ at CSU, Chico 57%
   ☐ at another facility 33%
   ☐ had RD before entering MS program 10%
   ☐ other ____________________________

10. Please rate the overall effectiveness of the following in facilitating your progress in the program.

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<tbody>
<tr>
<td>a. NFSC Faculty - Instruction</td>
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<td>b. Faculty support</td>
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<td>4.7</td>
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<td>c. Staff assistance</td>
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<td>d. CSUC graduate school</td>
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<td>e. Facilities, i.e. classrooms, computer labs, research facilities</td>
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<tr>
<td>f. Library</td>
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<td>4.1</td>
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<tr>
<td>g. Curriculum</td>
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</table>

Comments: ________________________________________________________________

11. Are you currently employed? Yes ☐ n=23 No ☐ n=7 (3 seeking employment; 2 Moms, 2 in DIs)
   If yes, what is your current position? (See summary table)
   Are you full-time ☐ or part-time ☐
   what is your current salary? ____________________________________________

12. Are you a registered dietitian? Yes ☐ n=19 No ☐ n=6

Additional comments regarding the MS program are encouraged and welcomed. Please add your recommendations for improvement of the program.

See attachment
Summary of Written Comments

Other reasons for selecting CSUC:
- comfort with the faculty, campus and convenience (near Bay Area)
- emphasis in Nutrition Education
- boyfriend went there
- desire to live in a smaller community + my graduate credits (most of them) would transfer to SDSU
- No Master's Program except at UC Davis and UC Davis MS program was research-based not something I wanted to go into.
- CSUC had master's programs for both my husband and myself.

Core Courses:
- 325B/C: These 2 course help equip me with proficient skill delivering Powerpoint presentations. In addition, I have also learned lots of advanced knowledge of nutritional science, such as the interaction between specific nutrients and genomics.
- Based on courses taken in NFSC, I was offered the opportunity to work on a research project on phytoestrogens at the College of Agriculture, CSUC
- The 325B course I took focused on carbohydrates for 1/2 of semester.

Applied Courses:
- Community nutrition and M. Neyman were also great.
- NFSC 325A did not supply me with the skills that would have been useful during the internship - other than how to write a case study. The instructor was a bit scattered - maybe needed more preparation. Experience looking through patient charts was a good idea.
- NFSC 325A may have been more beneficial if the curriculum had been presented in a direct, clear and straight-forward manner.

Research:
- NFSC 300 helped me develop the ability to generate research design and methods. The instructor also introduced SPSS which is very helpful for statistical analysis.
- I would recommend students take Math 315 before NFSC 300 because I was able to understand SPSS better than others who hadn't taken the class, this slowed the class down. I would have like to have run more tests on SPSS. Students without statistics slowed the class down.
- The program was excellent in preparing me for all aspects regarding research from an initial theory all the way through presenting results
- Research methods was my favorite class.

Internship Opportunities:
- Great internship opportunities with C. Wolff at SCNAC and OPT for fit kids.
- I was not aware of any graduate internships outside of dietetic internship.
Courses outside of program:
- Grant writing has a wonderful instructor. Very useful and relevant material.
- Grant writing - although very challenging, grant writing helped me develop skills that I can put on my resume. I would not recommend taking grant writing and research methods together - too much work.
- Although very challenging, grant writing helped me develop skills that I can put on my resume.
- Grant writing was a very helpful class - directly applicable to jobs in community nutrition.
- I appreciated the opportunity to have taken grant writing and I learned a great deal.
- I have used a lot of the skills I learned in the PSY 273A (Counseling Psychology) class. The grant writing class was also very good but focused on writing grants for non-governmental programs. I usually need to write grants focused at USDA, CDC, or other governmental agencies.
- PSY 273A is needed for counseling skills
- PSY 273A - I really enjoyed this "hands-on" class so much I decided to be a TA
- Psy 273A: This was the best class outside of nutrition. This class was also my favorite grad school experience. I found it extremely useful in work + life.
- Chemistry classes were excellent.

General Comments:
- After meeting K. Silliman, I knew that Chico was where I wanted to attend graduate school. The program was small and had great opportunities for research.
- The program was everything I wanted and more.
- I came to the program because of the professors and guidance they provided.
- Completed undergraduate program here and was well prepared for my internship + job.
- I never have anything but positive things to say about CSUC, that's why I came back. The staff/faculty is awesome.
- The professors in the MS program are very dedicated to what they do + truly care about their students’ success. No suggestions for improvement.
- While I have selected to stay home with my children instead of employment, my education at CSUC has given me skills that I am currently using such as writing newsletters as well as teaching other moms valuable life skills associated with nutrition.
- An overall great experience. I received a lot more science/biochemistry + research preparation than if I would have earned my MS from SDSU.
- My experience at CSU Chico was excellent. I feel I was very well prepared in all areas of dietetics.
- Great program - I tell everyone to come here if they want a MS degree in Nutrition. I learned so much while I was there. The small classes and intimate (relaxed) atmosphere really helped me foster learning and enthusiasm for the program.
• Most faculty were very caring, helpful + supportive. I felt one of the instructors was too preoccupied with projects to give quality time and assistance to me.
• Program overall was challenging and fulfilling.
• I think I received an outstanding education + feel my base knowledge of nutrition + dietetics as a whole is excellent. The courses provided through CSU, Chico enabled me to have confidence in my skills + abilities as a dietitian. I owe all the CSU, Chico professors a big "thank you."

Suggestions for Improvements:
• I suggest that Nutritional Science students take additional graduate-level courses related to biology, such as molecular biology, in order to be ready for advanced studies in nutritional science.
• I received lots of experience in giving seminars but not as much "practical" experience in delivering nutrition education as I needed under the direction of CSU faculty. Overall I received a great education and really enjoyed working with Dr. Silliman.
• I think graduate students should be more involved in teaching undergraduates.
• Encourage students to think outside the box when it comes to employment. It is a good way to increase salary + create a very rewarding position.
• Curriculum could have spent more time on chemical mechanisms - that's why I minored in chemistry.
• Increase knowledge in management/budget for nutrition services, benchmarking with other facilities, DHS survey requirements/JCAHO.
• Perhaps offering an elective on herbs and their possible benefits, effects, and concerns. Also, it would be great if you could clone Dr. Silliman and spread her around.
• Desire experience in higher level teaching hospital during dietetic internship (note: comment regarding CSUC’s dietetic internship not the graduate program)

Problems Encountered:
• I did not get accepted in a DI after completing the program.
• I took a statistics class form an instructor not "used to" teaching one due to an overflow. I did not feel comfortable after completing the class and struggled with my data analysis.
• I don't feel very comfortable using SPSS without lots of help from an expert.
Summary of Employment Data

Those with RD/RDE
Community Dietitian
Clinical Dietitian (4)
Clinical Nutrition Specialist
Dietitian, Northern Valley Indian Health
Food Services Supervisor
Food Safety Education Program Coordinator - Cooperative Extension
Food Service Director - Child Nutrition Program
Interim Program Manager and Instructor
Instructor
Neonatal Dietitian
Nutrition + Food Services Supervisor
Outpatient Clinical Dietitian
Renal RD
Self-Employed/Consultant Dietitian (2)
WIC - Training Coordinator

Without RD
Assistant manager of fitness facility
Officer, US Airforce
Manager of health club
Teaching Associate – PhD program

*Salary Range: $25,000 - $70,000
Average Salary: $48,700

*note: all salaries were based on full-time estimates