



# HUNTER HARDIN

- » from Frankfort, KY
- » Accelerated Coordinated Program (ACP) in Dietetics
- » BS Dietetics, MS Nutrition & Food Systems
- » First-generation
- » Breeding-Smith Edge Leadership in Dietetics Scholarship
- » Elizabeth Guyn Anderson and Mary Lou Guyn Scholarship
- » Lemon Tree Scholarship

## DESCRIBE YOUR INTERNSHIP EXPERIENCE AND WHAT HAS EXCITED YOU MOST.

My dietetic internship has been an incredible learning experience that has allowed me to gather knowledge from a wide range of professionals across multiple disciplines. While I expected to learn from experienced dietitians, I hadn't anticipated just how impactful it would be to collaborate with so many different experts, including doctors, speech-language pathologists, diabetes educators, food service managers, and even college football coaches. One of the most exciting aspects of the internship was seeing how nutrition fits into a larger network of care. In clinical settings, I gained a deeper understanding of how physicians, nurses, PT/OTs, and dietitians work together to develop patient-centered care plans. I also observed how speech-language pathologists assess swallowing ability and how that directly influences nutrition recommendations—something I hadn't considered early on in my dietetics path. These experiences helped me develop a more comprehensive, interdisciplinary approach to nutrition care. During my food service rotation, I had the opportunity to help plan and lead a "Taste the Rainbow" themed meal for over 100 UK college athletes at their training table mealtime. I collaborated with the dietitians to create a colorful, fun meal for the athletes right around Saint Patrick's Day. At Owensboro Health, while observing certified diabetes educators, I learned how they customize education to meet individual patient needs. This patient-centered approach is something I aim to incorporate into my future weight management practice.

# HUNTER HARDIN

---

## WHAT ARE YOUR PROFESSIONAL PLANS FOLLOWING COMPLETION OF THE SUPERVISED PRACTICE PROGRAM IN AUGUST?

My professional plans following the completion of the SPP include completing the requirements for licensure so I can become a Registered and Licensed Dietitian (RD/LD) and begin practicing in the state of Kentucky. I plan to start a small business in partnership with a local gym, serving as their full-time dietitian and working with their current clientele. I'm currently set to begin with them once I receive my licensure. To start, I aim to work with this small group of clients while also maintaining a part-time or PRN position in a hospital setting as a clinical dietitian to continue sharpening my clinical skills. Depending on the workload and demand at the gym, I may eventually transition into a full-time role there as the business grows.

---

## WHAT ADVICE WOULD YOU GIVE TO FUTURE ACP DIETETICS STUDENTS IN TERMS OF OPPORTUNITIES TO GAIN LEADERSHIP SKILLS?

Professional advice that I would give to future ACP Dietetics students is to get involved early on with different professional groups, student organizations, and volunteer opportunities. Early involvement helps you build connections, gain confidence, and better understand the pace and expectations of working in professional environments. Whether you're joining a volunteer committee, attending a local meeting, or helping with a community health event, these experiences allow you to collaborate with more experienced professionals and learn how to contribute meaningfully as a student.

---



# GABBY RODRIGUEZ

---

- » from Frankfort, KY
- » Accelerated Coordinated Program (ACP) in Dietetics
- » BS Dietetics, MS Nutrition & Food Systems
- » Breeding-Smith Edge Leadership in Dietetics Scholarship

## DESCRIBE YOUR INTERNSHIP EXPERIENCE AND WHAT HAS EXCITED YOU MOST.

My internship has been such a great learning experience. My food service rotation took place at Owensboro Public Schools. Although it was initially daunting to leave the comfortability of Lexington, I was very excited to be placed within a school system. At Owensboro Public Schools, I learned so much about the role of a food service director and how to best manage large-scale meal production while meeting nutritional standards. Additionally, I had the opportunity to attend trainings on "how to deal with conflict," which is especially important in any leadership position.

My favorite experience with this rotation would have to be creating my theme meal. With guidance from my preceptors, I created a meal ensuring it met the USDA guidelines, ordered all the items, decorated the school, and became manager for the day of the event. While stressful, it was amazing to see how my event came together after all the hard work and planning that the team put into it. My theme meal, a fiesta of flavors, included popular foods from all over Latin America. This was especially important to me because it allowed me to celebrate cultural diversity and introduce students to cuisines they might not otherwise experience. My experience was so great that I began considering a career in the school system!

My clinical rotation took place with Norton Healthcare in Louisville, Ky. I was incredibly nervous for this rotation. However, the support that my preceptors provided on my first day reassured me that I was in a learning environment where I could grow and ask questions. I had the opportunity to spend time with several different dietitians, which was super helpful in determining what I liked and disliked. As I became more comfortable with patients, I began visiting them on my own. Towards the end of my internship, I was taking on the same patient load as the full-time dietitians. This was really encouraging and made me feel confident in my ability to succeed as an entry-level dietitian.

# GABBY RODRIGUEZ

---

## WHAT ARE YOUR PROFESSIONAL PLANS FOLLOWING COMPLETION OF THE SUPERVISED PRACTICE PROGRAM IN AUGUST?

My professional plans following the completion of the SPP in August is to study for the Registered Dietitian exam. I plan to take the exam towards the end of September. As of right now, I am planning to move to Louisville, KY upon graduation. Therefore, I will be applying for jobs in that area. My immediate goal is to work in the clinical setting during my first year as a dietitian to gain more hands-on experience, continue developing my clinical judgment, and strengthen my confidence in patient care. Afterwards, I intend to pursue a role that aligns more closely with my long-term goals of combining nutrition education with community outreach and innovation.

---

## WHAT ADVICE WOULD YOU GIVE TO FUTURE ACP DIETETICS STUDENTS IN TERMS OF OPPORTUNITIES TO GAIN LEADERSHIP SKILLS?

ACP students are required to complete 100 hours of volunteer work in the community, clinical, and food service sectors. My advice to future ACP Dietetics students is to be proactive and ask for additional opportunities beyond what is required. Don't be afraid to step outside your comfort zone and take initiative. Whether it's volunteering to lead a project, assisting with staff training, helping coordinate an event, or contributing to a new idea or process, these are all moments where leadership skills are developed.

---



# KAITLYN SABIN

---

- » from Toledo, OH
- » Accelerated Coordinated Program (ACP) in Dietetics
- » BS Dietetics, MS Nutrition & Food Systems
- » Breeding-Smith Edge Leadership in Dietetics Scholarship

## DESCRIBE YOUR INTERNSHIP EXPERIENCE AND WHAT HAS EXCITED YOU MOST.

My nutrition internship experience has been incredibly eye-opening, educational, and rewarding. Each of my rotations offered unique challenges and learning opportunities. What has excited me most throughout the internship has been the chance to gain hands-on experience and learning outside of the classroom in real-world settings. Being able to work directly with patients, collaborate with professionals, and see the impact of nutrition in various contexts has solidified my passion for this career.

The different rotations helped me identify what avenue of dietetics I'm most interested in and least interested in pursuing as a future dietitian. In my clinical rotation, I found it especially exciting to see how nutrition interventions directly impact patient health progress and outcomes. My food service rotation gave me a greater understanding of academic, operational leadership and the importance of efficiency in delivering quality food to students across a district. My community rotation, I feel, has been a unique opportunity to learn how nutrition education and outreach impact a community.

Throughout the internship, I've had opportunities to develop leadership skills whether it was through taking the lead an education during clinical team meetings or leading projects in the school system to improve nutrition delivered to students. These experiences have sparked my interest in pursuing some sort of leadership role in dietetics during my career because of the inspiring preceptors I have had that had strong leadership roles in their workplace.

# KAITLYN SABIN

---

## WHAT ARE YOUR PROFESSIONAL PLANS FOLLOWING COMPLETION OF THE SUPERVISED PRACTICE PROGRAM IN AUGUST?

Following the completion of my nutrition internship, my professional plans include dedicating time to study for the RD board exam. At the same time, I plan to begin applying for entry-level dietitian positions in Ohio, where I hope to start my career. My ultimate goal is to pass the RD exam and officially become a registered dietitian, so I can practice and share my passion for dietetics.

---

## WHAT ADVICE WOULD YOU GIVE TO FUTURE ACP DIETETICS STUDENTS IN TERMS OF OPPORTUNITIES TO GAIN LEADERSHIP SKILLS?

My advice to future dietetics students would be to begin looking for ways to gain leadership skills inside and outside of the classroom by getting involved in organizations, volunteering opportunities, or at your place of employment. Find places to build leadership skills through service and networking. For example, I would recommend shadowing dietitians or volunteering with nutrition related facilities to learn, observe, and make connections. Gaining leadership skills during your internship can be done in many small ways. For example, leading an education session with a patient or clinical team can be a great opportunity for you to grow as a future dietitian and gain leadership skills. I would recommend that you look at every internship experience, despite how challenging they may seem, as an opportunity to learn and grow into a better future dietitian. The key is to be open minded, be proactive, and build connections because that is truly what will help you grow the most during your rotations.

---