**Palomar College**

**Family and Consumer Science (FCS)**

**Advisory Committee Minutes from March 28, 2014**

**Committee members present:**

Sarah Coffin, MS, RD, Private Practice RD

Ellen Gowen, MS, RD, North County Health Services WIC, Program Manager

Mary Sammer, MS, RD, NCHS WIC, VP Nutrition Services

Joan Rupp, MS, RD, SDSU, DPD Director

Naomi Shadwell, MS, RD, Oceanside Unified School District

Brandi Suarez, dietetic intern at

**Palomar College Faculty present:**

Solange Bushra Wasef

**Welcome and Introductions:**

Solange called the meeting at 12:00 pm. She thanked and welcomed everyone for attending. She introduced herself and asked that everyone introduce themselves and their job description.

**Program Updates:**

* **Enrollment**

Solange informed the committee that the FCS program has a strong enrollment and classes fill quickly. They have added classes in the program and they fill which indicates interest in the discipline. In the face-to-face nutrition classes, we survey students and ask why they are taking the class, what their career goals are, and how interested they are in becoming a nutritionist or dietitian. The results were twenty five percent of students said an eight or better (out of ten), which shows there is interest.

* **Course Offerings and TMC Updates**

We have not made any changes to our course offerings, but we have changed topics within classes and added material the committee suggested last year such as motivational interviewing, coaching, professionalism, and field experience. Solange gave an overview of the FCS classes we offer. Solange noted she is on the state’s committee for creating the TMC for nutrition. Their goal is to determine what courses students should take in order to be able to transfer to a university and finish their required courses in two years. Once the TMC is determined, we can then align our program with it and create our local degree.

* **Info session**

Solangespoke on the upcoming FCS-Nutrition info session. She said this was an opportunity to inform students about what the program had to offer, what it takes to get in the field, what to expect when transferring. She reviewed the pamphlets that would be distributed and received feedback from the committee members. She created a step-by-step guide with career information, planning tools, a list of schools that are accredited, information on how to get experience, and employment information. The committee asked that she inform the students that there might be a Master’s degree requirement by 2024. They also suggested she give a wider range of entry-level income data and explain what true careers are available.

**Labor Market Update:**

**What are the employment trends in your organization/industry for nutrition professionals?**

There are growing opportunities in:

* Wellness
* Technology/computer apps
* Online interactive forums
* Genetics and research, including nutrigenomics.

**Employment opportunities for students that have not completed a degree or RD.**

* Health Educator - This position is entry-level for a person who can perform basic counseling. Most have a high school degree and have taken FCS 165. This position can develop into a WNA (WIC Nutrition Assistant) position.
* WNA - They only require the FCS 165 class and a high school degree.
* Health Educator – Students may seek positions at weight loss centers such as Jenny Craig.
* Health Coaches - This is a newer title that is still developing in WIC (and maybe elsewhere), but candidates will have a health background some health exposure/experience.

**Suggestions for how students can get experience in clinical settings with having one nutrition class and possibly some sciences?**

The committee said they want to see that a student is committed to something and they are consistent. A student will need experience in clinical, management, leadership, community, and research settings; they are looking for a well-rounded person. They suggested the students find something they are passionate about which may include:

* Volunteer work related to nutrition services such as a hospital or school
* Restaurant or food service
* Customer Service
* Counseling in a diet office such as Jenny Craig
* Meals on Wheels
* Research through San Diego State University’s Foundation. There are community research projects that need educators and data collectors.
* School public health has programs that hire students doing nutrition assessment, collecting food frequency questionnaires, and performing counseling services.

**Suggestions for students with an AS in nutrition or certificate in nutrition or cluster of classes?**

Kitchen leads – Students would need some experience (i.e. a nutrition class and food handler card) for positions in nursing homes, assisted living facilities, food banks, and anywhere food is served.

**Soft skills suggested which need improvement**

Teach students to have a professional online presence through social media management. Emphasize the importance of communicating professionally (verbal and written), networking, dressing appropriately, being organized, being punctual, committing to tasks/projects, making a good impression, researching jobs they are applying for, and reducing cell phone use at inappropriate times.

**Other Suggestions for the program**

Create a list of jobs for students with details of where it can get you. Encourage students to take counseling, second language Spanish, and business courses. Teach students how to create a “brag book” for interviews, write proper resumes, and develop an online portfolio.

**Adjournment**

Solange adjourned the meeting at 1:31 pm. She thanked the committee members for taking the time for coming.