Table of Contents

PROGRAM INFORMATION ............................................................................................. 3
How is the program offered? .......................................................................................... 3
When do classes begin? .................................................................................................. 3
What is nutrition communication? .................................................................................. 3
What will I learn? ............................................................................................................. 3
What are Options 1 and 2? ............................................................................................. 3
If I complete Option 1 (accredited practicum) can I become a registered dietitian? ......... 4
How long does it take to complete the program? ............................................................ 4
How is the program structured? ...................................................................................... 4
What are the educational requirements to apply? ............................................................ 4
How many students will the program accept? .................................................................. 5
What is the cost of the program? ..................................................................................... 5
Is financial support available? ........................................................................................ 5
Are there other awards that I may be eligible for? .......................................................... 6
Will I be able to work while completing the program? ...................................................... 7
When are classes scheduled? ....................................................................................... 7
How can I connect with recent graduates? ..................................................................... 8
MORE ABOUT OPTION 1 (ACCREDITED PRACTICUM) ............................................... 8
What do the practicum courses for Option 1 students involve? ....................................... 8
What is the success rate for Option 1 graduates who write the CDRE? ............................ 8
What is the employment rate for Option 1 graduates? .................................................... 8
Will I be qualified to work in any dietetic practice environment? .................................... 8
What if I don’t know which area of dietetics interests me most? ..................................... 8
Why should I consider the MHSc in Nutrition Communication? .................................... 9
Where will I find more information about Option 1? ..................................................... 9
MORE ABOUT OPTION 2 Major Research Project/Paper (MRP) ..................................... 9
Who applies for Option 2? ........................................................................................... 9
How can enrolling in Option 2 fuel my dietetic career? ................................................. 9
What are the objectives of completing an MRP? ............................................................ 9
Is a MRP the same as a thesis? ...................................................................................... 9
What is expected of me as an MRP student? ............................................................... 9
When are the MHSc classes? ....................................................................................... 10
What is the total time commitment for the program? .................................................... 10
What constitutes an MRP? ........................................................................................................... 10
What kind of MRPs have previous students completed? .......................................................... 10
Where are MRP graduates working? ...................................................................................... 11
Where will I find more information about the MRP process? ................................................ 11
APPLICATION GUIDE ............................................................................................................. 11
When is my application due? .................................................................................................... 11
How do I apply? ..................................................................................................................... 12
What documents will I need to provide? ............................................................................... 13
What is the statement of interest? .......................................................................................... 14
What should my resume include? .......................................................................................... 14
Who should I ask to provide references? ............................................................................. 14
Who should I ask for references if I’ve been out of school for several years? ....................... 14
What kind of communication product should I submit? ....................................................... 15
How do I submit a video or audio product? .......................................................................... 15
Where do Option 1 applicants get the “Confirmation of Completion” form? ....................... 15
What happens after I submit my application to the Ryerson portal? .................................... 15
How do I find out the status of my application? .................................................................. 15
What should I do if my application is not complete? ............................................................ 15
When will I know if I’m asked to come for an interview? .................................................... 15
When will interviews be held? ............................................................................................... 15
What about out-of-province applicants? ................................................................................ 15
What should I do if interview dates overlap? ....................................................................... 15
Where are the interviews? .................................................................................................... 16
What is a Multiple Mini Interview (MMI)? .......................................................................... 16
Why does Ryerson use the MMI process? .......................................................................... 16
How should I prepare? .......................................................................................................... 16
What should I bring? .............................................................................................................. 16
Where can I find more information about MMIs? ............................................................... 16
When will I know if I have been accepted? ......................................................................... 16
If I receive an offer of admission, how long do I have to decide? ...................................... 17
**How is the program offered?**

- The MHSc program is a full-time classroom based program.
- If you are offered admission, you must attend classes at Ryerson.
- Option 1 (accredited practicum) students participate in two semesters of practicum rotations at locations across the GTA and beyond.

**When do classes begin?**

- Classes begin in September. There is no other intake point.

**What is nutrition communication?**

- Dietitians are embracing their role as the voice of sound, reliable nutrition information for Canadians, across all media and in all settings – health care, business, food industry, technology companies, public health, private practice, food service management, administration, and beyond.
- Ours is the only graduate program in Canada that focuses on nutrition communication and our graduates are poised to provide professional leadership in this field.
- Our graduates have opportunities to develop advanced nutrition communication skills and are exposed to new and burgeoning areas of dietetic practice.

**What will I learn?**

- You will:
  - develop advanced skills to identify, understand, and critically appraise high quality scientific literature as the foundation of evidence-based practice and communication
  - integrate and synthesize evidence to create multi-component knowledge translation products
  - enhance your communication skills (oral, written, multimedia, etc.,) and create a variety of nutrition communication products (e.g., essays, press releases, précis, presentations, scholarly writing, videos, knowledge translation and public education campaigns, website-based messages, social media messages, etc.)
  - examine the roles of institutional and government policies in current food issues
  - critically examine alternative perspectives on nutrition and food
  - create a 3-year professional development plan to guide your career choices
  - network and discuss emerging issues and areas of practice with guest experts

**What are Options 1 and 2?**

**Option 1 is the Partnership for Dietetic Education and Practice accredited practicum.**

Students complete four semesters (16 months) of study – September 2020 to December 2021 inclusive. Students complete the required dietetic practical training through rotations in a variety of dietetic practice environments. Our graduates qualify to write the Canadian Dietetic Registration Exam and become dietitians.
This dietetic education program is accredited under the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body.

**Option 2 is the major research project/paper (MRP).** Students complete three semesters (12 months) of study – September 2020 to August 2021 inclusive. This option is ideally suited for dietitians who want to enhance their nutrition communication skills to provide professional leadership in current or future employment.

**If I complete Option 1 (accredited practicum) can I become a registered dietitian?**
- Yes. Successful completion of Option 1 (accredited practicum) will enable you to meet all of the Integrated Competencies for Dietetic Education and Practice and qualify you to write the Canadian Dietetic Registration Examination and if you are successful, become an RD.

**How long does it take to complete the program?**
- **Option 1 (accredited practicum):** 4 semesters (16 months) of study – September to December of the following year
- **Option 2 (MRP):** 3 semesters (12 months) of study – September to August of the following year

**How is the program structured?**

<table>
<thead>
<tr>
<th></th>
<th>Option 1 (Practicum)</th>
<th>Option 2 (MRP)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Four semesters</td>
<td>Three semesters</td>
</tr>
<tr>
<td><strong>Fall (Sept-Dec)</strong></td>
<td>NC8104A Nutrition Communication Seminar</td>
<td>NC8105 Directed Studies</td>
</tr>
<tr>
<td></td>
<td>NC8101 Appraising Scientific Evidence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC8102 Understanding Health Behaviour</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC8103 Nutrition Communication Strategies</td>
<td></td>
</tr>
<tr>
<td><strong>Winter (Jan-April)</strong></td>
<td>NC8104B Nutrition Communication Seminar</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC8201 Food and Nutrition Policy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC8209 Knowledge Translation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC8300 Professional Practice</td>
<td></td>
</tr>
<tr>
<td><strong>Spring/Summer (April-July)</strong></td>
<td>NC8301 Practicum I</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MRP Milestone</td>
<td></td>
</tr>
<tr>
<td><strong>Fall (Sept-Dec)</strong></td>
<td>NC8302 Practicum II</td>
<td></td>
</tr>
</tbody>
</table>

**What are the educational requirements to apply?**

**Option 1 (accredited practicum):**
- You must be eligible to study in Canada and have graduated from a Dietitians of Canada or PDEP accredited Canadian undergraduate nutrition program:
  - Within the past three years*
  - With a minimum B+ average (3.33/4.33) in the last two years of study
  - And have successfully completed at least one course in: research methods or statistics, interpersonal/professional communications, biological sciences (e.g. physiology, biochemistry), and social sciences (e.g. sociology, psychology) (or equivalents)
*If you graduated from an accredited Canadian undergraduate program more than three years ago (from convocation date to application deadline), you must:
  o Contact the accredited Canadian undergraduate program from which you graduated
  o Request an academic assessment
  o Complete the courses specified on the assessment prior to applying to this program
• Option 1 is open to qualified applicants who wish to become registered dietitians. It is not open to individuals who are or have been dietitians in Canada or elsewhere.
• If you completed your education outside Canada please see Educated outside of Canada? or contact Dietitians of Canada.

Option 2 (MRP):
• PDEP accredited undergraduate degree in Food and Nutrition with a minimum B average (3.00/4.33) in the last two years of study
• A minimum B in at least one course in research methods, statistics, interpersonal/professional communications, biological sciences (e.g. physiology, biochemistry), and social sciences (e.g. sociology, psychology) (or equivalents)

How many students will the program accept?
• Enrolment may vary from year to year.

What is the cost of the program?
• Option 1 (accredited practicum) students complete four semesters of study with a total tuition cost of approximately $13,740.00*. In addition, they pay ancillary fees of $1,800.00 for each of the two practicum courses. These ancillary fees fund provision of the practical training component of the program. Total cost of the program for Option 1 students for the four terms of study is approximately $17,340.00. Other practicum related costs include:
  o Police vulnerable persons check fees
  o Mask fit test fees
  o Qualifying membership in Dietitians of Canada (optional)
  o Costs incurred for travel to external rotation locations
• Option 2 (MRP) students complete three semesters of study with a total program cost of approximately $10,122.00*.

*Based on information available as of May 2020. Subject to change without notice.
Applicants must check http://www.ryerson.ca/registrar/fees/detail/graduate/ for current fee information. Fees for the upcoming cohort are posted online in August each year; be sure to consult the fee schedule for your academic year.

Is financial support available?
• Yes. Applicants who have an A- or higher GPA in the last two complete years of study will be considered for Ontario Graduate Scholarship (OGS) awards that are adjudicated at both the Faculty and University levels. Top students in our program have consistently received one of the following awards: Ontario Graduate Scholarship ($15,000), Ontario Graduate Fellowship ($12,000) award or a Queen Elizabeth II Graduate Scholarship in Science and
Technology ($15,000). Applicants who accept offers of admission are automatically considered for these awards.

- All other students will receive a Ryerson Graduate Fellowship award which varies in value based on the number of students enrolled in the program.
- Our program is OSAP eligible
- MHSc students are eligible to apply for graduate/ teaching assistant (GA/TA) positions in the School of Nutrition which range from 30-50 hours per semester at $45.68/hour (~$1300-2150 per semester, gross). See https://www.ryerson.ca/hr/employee-resources/cupe-3904-3/ta-ga-lab-monitors-invigilators/pay-info/hourly-pay/ for current pay rates.
- Marion Rosalie Good Award for Excellence in Knowledge Translation: recognizes the academic achievement of a MHSc student in the final project in NC8209 Knowledge Translation. ($1000)
- Dean’s Writing Award: recognizes outstanding achievement in the health behaviour project in NC8102 Understanding Health Behaviour. ($500)
- Option 1 (accredited practicum) students receive a Graduate Development Award during semester 4.
- Option 1 (accredited practicum) students may be eligible to apply for a limited number of financial needs-based Graduate Development Awards (when available).
- All students are eligible to apply for Ryerson emergency bursary funding in the case of an unexpected and dire financial issue. Contact Amber Rebello, Program Administrator for instructions arebello@ryerson.ca
- Students are encouraged to use Ryerson’s AwardSpring portal to explore their eligibility for multiple awards. https://www.ryerson.ca/registrar/students/scholarships/awards-guide/
- Qualified Indigenous students are encouraged to apply for the Supporting Aboriginal Graduate Enhancement Award (SAGE): https://www.ryerson.ca/sage-award
- You may be eligible to apply for awards and grants provided by the Ryerson Student Union See: http://www.rsuonline.ca/awards-and-bursaries
- Student Access Guarantee: https://www.ryerson.ca/sfa/scholarships_bursaries/student_access_guarantee/

Are there other awards that I may be eligible for?
- We support eligible students’ applications for
  - Dietitians of Canada awards:
    - Dietitians of Canada Graduate Student awards.
    - Morgan Medal Award: in recognition of individual personal achievement of a dietetic intern or practicum students for their research project.
    - Judy van Tilburg Memorial Bursary: supports DC annual conference registration for two DC Qualifying members who are currently enrolled in a DC accredited internship/practicum program
    - DC Network Scholarships: 14 network scholarships are available to support students’ attendance at the national conference.
    - See www.dietitians.ca Member’s side, Awards for details.
- Other external awards: (check eligibility criteria)
Will I be able to work while completing the program?

- The MHSc program is intensive and demanding. Students need excellent time management and organizational skills.
- Semesters 1 and 2 each entail four courses, totaling about 12 hours per week of classes. Each class requires about 1-2 hours of preparation. You'll spend a minimum of 20 hours per week on course work, in addition to time spent completing assignments and preparing for classes. You will need great time management skills.
- Students can apply for teaching assistant positions that involve about 30-50 hours of work per semester.
- When deciding whether or not to work while in the program, please consider work-life balance. Students who can complete the program without working may enjoy the program more and feel less stressed than those who work while they study.
- **Option 1 (accredited practicum)** students will spend 35 to 40 hours per week during the two practicum courses in various dietetic practice environments. It is not possible to work during these semesters. You can expect to spend 1-2 hours on evenings and weekends doing practicum related home work.
- Some **Option 2 (MRP)** students have worked part-time during their studies.

When are classes scheduled?

- **Option 1 (accredited practicum)** students will be enrolled in courses continuously from Sept 2020 to Dec 2021. These students will be enrolled in classroom based courses scheduled on two days per week in the fall (Sept-Dec 2020) and winter (Jan-April 2021). They will complete the practicum courses during the spring/summer (May-Aug 2021) and fall (Sept-Dec 2021) semesters. The practicum courses involve 35-40 hours per week of attendance in various dietetic practice environments and regular class meetings.
• **Option 2 (MRP)** students will be enrolled in classroom based courses scheduled on two days per week in the fall (Sept-Dec 2020) and winter (Jan-April 2021) semesters. These students will complete their MRP during the spring/summer (May-Aug 2021) semester.
• Fall and winter courses are scheduled on weekdays, during the day. We do not offer evening classes.

**How can I connect with recent graduates?**
• Recent program graduates have professional profiles and are members of the School of Nutrition Professional Network group on LinkedIn®. [https://www.linkedin.com/](https://www.linkedin.com/)
• You’ll find brief biographies for an assortment of recent graduates at [http://www.ryerson.ca/nutrition/admissions/nutrition-communication/alumni-career-paths/](http://www.ryerson.ca/nutrition/admissions/nutrition-communication/alumni-career-paths/)

---

**MORE ABOUT OPTION 1 (ACCREDITED PRACTICUM)**

**What do the practicum courses for Option 1 students involve?**
• You will complete your practical training (internship rotations) during the practicum courses.
• You will complete 2-3 rotations in dietetic practice environments under the supervision of highly qualified preceptors during each course; usually a total of 4-5 placements.
• Our practicum coordination staff will take your interests and career goals into consideration as they create a practicum plan through which you can meet all of the Integrated Competencies for Dietetic Education and Practice. This planning occurs in the fall semester.
• During practicum rotations, you will be in the workplace during the same hours as your supervisor – typically 35 to 40 hours per week. You’ll meet regularly at Ryerson for classes to consolidate your skills through case-based learning and peer support.
• We are committed to providing well-rounded practical training that prepares you for work in any dietetic practice setting. Sometimes, you will be required to travel, at your own expense, to complete your practicum rotations.

**What is the success rate for Option 1 graduates who write the CDRE?**
• 100%. All Option 1 graduates who have written the Canadian Dietetic Registration Exam passed.

**What is the employment rate for Option 1 graduates?**
• Many Option 1 students gain employment within the first 6 months after completing the program. Graduates may need to relocate beyond Toronto to secure employment in their desired area of interest.

**Will I be qualified to work in any dietetic practice environment?**
• Yes. You will have met ALL of the Integrated Competencies for Dietetic Education and Practice and you will qualify to apply for entry-level dietetic practice positions. Some work settings may require applicants to have additional certifications/skills, e.g., Certified Diabetes Educator (CDE).

**What if I don’t know which area of dietetics interests me most?**
• Most students don’t have a clear idea where they want to work and that’s OK. The best approach is to keep an open mind.
• In our program, you’ll complete a 3-year professional development to help plan your path.
• We design our practicum rotations to ensure that graduates are well-rounded and ready for success in any area of dietetic practice – from inpatient nutrition to industry and beyond.

Why should I consider the MHSc in Nutrition Communication?
• Master’s level study in nutrition communication will:
  • position you for success in the changing world of dietetic practice; you’ll be a well-rounded professional with a graduate education
  • enable you to excel and provide leadership in any dietetic practice environment
  • build your confidence and skills
  • enable you to create a 3-year professional development plan to fuel your career
  • distinguish you among job applicants
  • You’ll gain a master’s degree and meet the ICDEPs in four semesters.

Where will I find more information about Option 1?
See http://www.ryerson.ca/nutrition/programs/nutrition-communication-mhsc/practicum-option/

MORE ABOUT OPTION 2 Major Research Project/Paper (MRP)

Who applies for Option 2?
• Most applicants are dietitians who want to develop their nutrition communication skills to add value in their current job or forge a new career path.

How can enrolling in Option 2 fuel my dietetic career?
• You can develop your MRP to pursue a strong interest in a particular area
• Your MRP may involve collaboration with external agencies or partners and foster valuable networking opportunities
• You will have opportunities to connect with dietitians working in a wide array of fields
• You’ll complete a detailed 3-year professional development plan to guide your choices

What are the objectives of completing an MRP?
An MRP will enable you to:
• develop subject matter expertise
• demonstrate your ability to synthesize evidence and formulate original ideas
• use a rigorous process to create a project that may shape policy, practice, and teaching
• pursue your interests – whether that’s a specific topic, communication medium, or project
• create the central piece in your professional communication portfolio

Is a MRP the same as a thesis?
No. A major research project/paper can encompass completion of a wide range of projects and usually does not necessarily involve primary data collection. To be feasible, your MRP must be completed within the three semesters of our program. A thesis involves collection and analysis of primary and/or secondary data.

What is expected of me as an MRP student?
We expect that you:
• are strongly motivated and committed to completing very high quality work
• have excellent time management skills
• will welcome constructive feedback regarding your work
• are highly self-directed yet seek guidance when needed
• will demonstrate a high level of integrity in your work

When are the MHSc classes?
• **Class schedule:** We try to schedule all MHSc courses on two days each week (Tuesdays and Wednesdays). All classes are three hours long.
• **Special events:** There will be other days when you are expected to attend special events at Ryerson (or beyond) in relation to specific courses. You will be notified of those additional events at the beginning of each semester.
• **Days on campus:** You should expect to be on campus more than two days each week – to participate in team meetings, to do research, to meet with your MRP supervisor, to meet with instructors, etc.

What is the total time commitment for the program?
• **Coursework:** For each class, you should expect to spend 3-6 hours working outside class time to complete readings, assignments, and activities.
• **Attendance:** Attendance in class and participation in classroom activities are essential expectations of our program.
• **MRP:** You will plan and conduct background research for your MRP in the fall semester, start your project in the winter (in the NC8205 Directed Studies course), and complete it in the spring/summer semester. You should plan to work on your MRP up to 35 hours per week during the spring/summer semester.

What constitutes an MRP?
1) **Completion of a rigorous structured literature review:** This entails use of a systematic methodology and focused inclusion/exclusion criteria to identify, select, and critically appraise published relevant scientific evidence. The structured literature review is the evidence base for, and enhances the dissemination potential of, your MRP.

2) **Length:** 40 – 60 pages excluding references, appendices.

3) **Composition:** Typically, an MRP is comprised of multiple components such as:
   i. development/testing of a research tool, nutrition communication technique, a learning, teaching or assessment tool;
   ii. completion of an analytic project, such as a policy or secondary data analysis;
   iii. development of a unique, evidence-based nutrition communication and/or knowledge translation (KT) piece suitable for dissemination such as a multi-media product (e.g., audio, video and/or Internet-based) and/or another form of scholarly work (e.g., a paper, poster, abstract, KT piece)
   iv. creation of a critique or application of a theoretical framework or construct; or
   v. participation in an on-going research project (e.g., primary data collection)

4) **Format:** See the guidelines provided at: [https://www.ryerson.ca/graduate/student-guide/academic-matters/dissertation-thesis-exams/](https://www.ryerson.ca/graduate/student-guide/academic-matters/dissertation-thesis-exams/)

What kind of MRPs have previous students completed?
Here are some recent MRP titles:
• Exploring university athletic departments’ sports nutrition education programs, partnerships and policies: An environmental scan.
• The role of dietary protein at breakfast on satiety, food intake and glycemic response in children 9-14 years old.
• Person centred approach to diabetes management.
• “It’s just common sense”: A theoretical model of women’s nutrition information behaviour activities.
• Updating dietary intervention recommendations from the Canadian clinical guidelines on the management and treatment of obesity.
• A comparative analysis of packaged products with sodium reduction claims.
• Antioxidant messages on food products in Canadian grocery stores: A content analysis.
• What online communication strategies are communities of practice using to facilitate knowledge exchange or translation?
• Food system renewal in Toronto: A qualitative inquiry and critical analysis of the public consultation and engagement process.
• Best practices of written and oral knowledge translation for low health literacy populations.
• Broken telephone II: Website quality assessment tool development and testing.
• The evolution of FoodShare: An exploratory investigation of Canada's largest community food security organization.

Where are MRP graduates working?
• See http://www.ryerson.ca/nutrition/admissions/nutrition-communication/alumni-career-paths/ for brief biographies of some recent graduates
• Most recent program graduates have professional profiles and are members of the School of Nutrition Professional Network group on LinkedIn©. https://www.linkedin.com/

Where will I find more information about the MRP process?
• You’ll find the MRP Guidelines online at http://www.ryerson.ca/nutrition/programs/nutrition-communication-mhsc/mrp-option/

APPLICATION GUIDE

When is my application due?
For Option 1 - DC Accredited Practicum Option
• Complete your OUAC online application by 11 pm on November 30, 2020
• Upload all documents to the Ryerson Applicant Upload portal by 11 pm on January 10, 2021

For Option 2 - Major Research Project/Paper
• Complete your OUAC online application by 11 pm on November 30, 2020
• Upload all documents to the Ryerson Applicant Upload portal by 11 pm on January 10, 2021
• Early applications are encouraged and will be reviewed and responded to immediately.
How do I apply?

Step 1

• Contact your referees. You need their names and correct email addresses to upload with your application. Take care to record the correct email address.

Step 2

• Apply to OUAC (Ontario Universities' Application Centre) by 11 pm on November 30, 2020
• Pay the $110 OUAC fee when you submit your online application
• Once the fee is paid, OUAC will notify Ryerson of your intention to apply

Step 3

• Ryerson’s Graduate Studies Admissions and Recruitment office will email you within 2-3 days of application receipt with instructions on how to create your online identity and upload your documents through the Ryerson portal.
• Follow the instructions provided to activate your Ryerson online identity.

Step 4

• Gather all documents listed in the "Required Documents" tab and save them as .pdf documents.
• If you are including a video, upload it to YouTube and submit the link.
• Log in to the Ryerson Applicant Upload portal and upload your documents. Please ensure the correct documents are uploaded. You cannot go back once they have been uploaded.
• Upload required documents by 11 pm on January 10, 2021
What documents will I need to provide?
Option 1 and Option 2 applicants must provide the following documents:

PLEASE NOTE: The document upload portal is closed and not monitored during Ryerson’s mid-year break – December 24, 2020 to January 6, 2021 inclusive.

1. **Application Submission Summary**: Once you submit your online OUAC application, you will be directed to a summary of the information you submitted. Please save a copy of this .pdf summary and upload it as prompted when you log in to the Ryerson Application Upload portal.

2. **A statement of interest**: (Max 500 words). Include an independently completed, well-written document that provides your response to the following question. **No further instructions will be provided.**

   Drawing on your own experiences as evidence, describe and assess your communication skills. Identify both strengths and areas for enhancement.

3. **A comprehensive, current resume**: (maximum 6 pages) Share details of your volunteer and paid experiences, educational background, awards, certifications, extracurricular learning achievements and specialized knowledge/expertise. Highlight the aspects of your education and experiences through which you have developed your communication skills. Include descriptions of your research-related experiences and skills, including undergraduate research projects, research proposals and ethics review applications, experiences as a paid research assistant or volunteer, research-related publications and presentations.

4. **Two letters of recommendation**: As part of your online application, you will be asked to submit the names and contact information for two referees at least **ONE** of who must be an academic referee (e.g. a faculty member familiar with your academic performance). The second recommendation may come from a professional (non-academic) referee. Referees will be contacted electronically by the Graduate Admissions office 2-3 days after you complete your online application with instructions on how to complete a reference form. If you have any questions about references, please send them to gradreference@ryerson.ca.

5. **One sample of your work**: Submit one independently completed evidence-based communication sample that demonstrates your **best** communication skills. Samples can include assignments, essays, reports, brochures, audio and/or video materials, visual arts, published papers (if you are the sole author), and products that you have created specifically for this application. Only blogs or websites that belong exclusively to you are permissible. No samples from Twitter, Facebook, Instagram or other platforms will be accepted. Do not submit a PowerPoint document. **No further instructions will be provided.**

   Important notes:
   - Samples must be complete. We do not accept excerpts.
   - You may submit existing work or something you created specifically for this application
   - You must have created the sample independently within the past three years
   - ONLY individually completed samples will be considered.
   - PowerPoint documents will not be considered.
   - Include a cover sheet that provides: A paragraph (maximum 300 words) that describes the background of your sample, your role in its creation, and how it
demonstrates your communication capacities. Include the title of the work and the date it was created.

6. **Transcripts** for all relevant post-secondary education. These transcripts are considered unofficial. If you are currently a student, upload your transcripts after your fall 2020 grades are posted. Official transcripts will be requested if an admissions offer is made.

7. Proof of English language proficiency for those whose previous language of instruction was not English.

**Option 1 applicants must also submit:**

8. A "Confirmation of Completion" form available from our website verifying your eligibility to apply for a PDEP accredited graduate program.

**What is the statement of interest?**

- The statement of interest is your response to this question: *Drawing on your own experiences as evidence, describe and assess your communication skills. Identify both strengths and areas for enhancement.*
- Maximum 500 words. Your response should exemplify your best written communication and self-reflection skills.
- No further explanation will be provided.

**What should my resume include?**

- Use your resume to communicate who you are and demonstrate your writing skills
- What relevant skills, experiences, and expertise do you bring to the MHSc program?
- Include experiences where you showed your communication skills
- Share details of your volunteer and paid experiences, educational background, awards, certifications, extracurricular learning achievements and specialized knowledge/expertise.
- Highlight research-related experiences and skills, including undergraduate research projects, research proposals and ethics review applications, experiences as a paid research assistant or volunteer, research-related publications and presentations.

**Who should I ask to provide references?**

- Always contact potential referees and ask if they agree to provide references for you. If so, record their names and email addresses accurately. Entering the wrong email address for a referee will delay your application considerably.
- Tell referees the submission timeline: January 10, 2021.
- One referee should be academic, one can be professional (e.g., someone who supervised you in a paid or volunteer position)
- When you’ve completed the Ryerson application, Ryerson will send each referee an email with a link where s/he can complete the report
- It is your responsibility to monitor your online application and ensure that references are received by the deadline

**Who should I ask for references if I’ve been out of school for several years?**

- Option 2 (MRP) applicants who cannot identify a suitable academic referee can submit the names/contact information for two professional referees
What kind of communication product should I submit?
- You can submit any evidence-based communication product (see the list for exceptions) that you completed independently within the past three years in an academic or professional setting
- The product should showcase your communication skills – written, oral, or otherwise using appropriate language and style for the targeted audience.
- No further instruction will be provided.

How do I submit a video or audio product?
- Upload your product to a private Youtube© channel and submit the URL (link) in your application
- For instructions on how to upload video/audio materials to a private Youtube© channel see: https://support.google.com/youtube/answer/57407?hl=en
- You can delete the product from Youtube© when your application has been reviewed

Where do Option 1 applicants get the “Confirmation of Completion” form?
- Ask your accredited undergraduate program coordinator to complete your form

What happens after I submit my application to the Ryerson portal?
- 2-3 business days after you submit your application each referee will be contacted by email by Ryerson’s Graduate Admissions and Recruitment office with instructions on how to submit her/his report
- Once your application is complete, it will be sent to the MHSc admissions committee for review.

How do I find out the status of my application?
- You can monitor the status of your application through the Ryerson Applicant Upload portal.

What should I do if my application is not complete?
- Submit any missing documents via the Ryerson Applicant Upload portal ASAP
- If it’s December 15, 2020 and your referees have not submitted their reports, contact them with a friendly reminder

When will I know if I’m asked to come for an interview?
- Short-listed applicants will be contacted in early February 2021

When will interviews be held?
- Option 1 (accredited practicum) interviews will occur during the weeks of February 8th and 22nd, 2021.
- Option 2 (MRP) interviews occur in Feb-Mar 2021.

What about out-of-province applicants?
- Applicants who are invited for interviews are encouraged to attend in person, if possible.
- Out-of-province applicants who cannot attend in person should contact the Program Administrator, Amber Rebello, arebello@ryerson.ca to make arrangements to participate through video conferencing.

What should I do if interview dates overlap?
- Tell our Program Administrator when you are contacted to schedule our interview
Where are the interviews?
Interviews will take place in the School of Nutrition in the Daphne Cockwell Health Sciences Complex (DCC) located at 288 Church Street, Toronto. See: https://www.ryerson.ca/maps/. Take the elevator to the 6th floor and follow the signs to the School of Nutrition.

What is a Multiple Mini Interview (MMI)?
- We use a process called multiple-mini interviews (MMIs) for Option 1 applicants. MMIs take a typical interview and divide it into 6-10 stations. Rather than sitting with a group of interviewers and responding to questions in one place, each interview question or task is set at its own station with a single interviewer. Applicants move from station to station to respond to questions or complete tasks. The process is timed to ensure that applicants keep moving through the stations while providing enough time to read and respond to a question or complete a task. You may be asked to interact with someone else or take part in a role play situation. Each station is scored independently.
- If you receive an invitation to participate in an interview for Option 2, the interview format will be confirmed at that time.

Why does Ryerson use the MMI process?
- MMIs are used in many health professions. They offer applicants several advantages and:
  - Enhance objectivity of assessments
  - Reduce interviewer bias
  - Create multiple opportunities to ‘start fresh’
  - Provide time to read and think about questions
  - Provide an enjoyable interview experience

Why does Ryerson use the MMI process?
- MMIs are used in many health professions. They offer applicants several advantages and:
  - Enhance objectivity of assessments
  - Reduce interviewer bias
  - Create multiple opportunities to ‘start fresh’
  - Provide time to read and think about questions
  - Provide an enjoyable interview experience

How should I prepare?
- In many cases there are no right or wrong answers to the MMI questions. The stations are designed to enable you to showcase your communication, interpersonal and critical thinking skills, as well as your knowledge and judgement.
- Our best advice is be authentic. Review your resume and remind yourself of your many accomplishments. We’d love to get to know you through your responses.
- MMI items give you opportunities to express your interpersonal, oral and written communication, and critical thinking skills.

What should I bring?
- All personal belongings must be left in the locked waiting room.
- If you wish, you may carry a water bottle – a filling station is available.
- Paper and pens will be provided.

Where can I find more information about MMIs?
- We recommend resources provided by universities that use the MMI format, such as McMaster and McGill. For example:
  - https://mdprogram.mcmaster.ca/md-program-admissions/how-we-select/multiple-mini-interview-(mmi)
  - https://www.mcgill.ca/caps/students/gradschool/medinterview

When will I know if I have been accepted?
- Offers of admission to Option 1 (accredited practicum) applicants are made as soon as possible following the completion of all interviews.
- You will be notified by email and a formal offer of admission will follow
If I receive an offer of admission, how long do I have to decide?

- We know that many top applicants are considering multiple offers. Applicants are typically given about 48 hours to respond. We strongly encourage you to respond as soon as possible to secure your place in the program.