

2019/20

PROGRAM INFORMATION & APPLICATION GUIDE



**Ryerson
University**

Master of Health
Science (MHSc)
in Nutrition
Communication

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?	6
When are classes scheduled?	7
How can I connect with recent graduates?	7
MORE ABOUT OPTION 1 (ACCREDITED PRACTICUM)	7
What do the practicum courses for Option 1 students involve?.....	7
What is the success rate for Option 1 graduates who write the CDRE?.....	7
What is the employment rate for Option 1 graduates?	7
Will I be qualified to work in a hospital?	8
What if I don't want to work in a hospital?	8
What if I don't know where I want to work?	8
Will this program give me the same great practical training as an internship?	8
Why should I consider the MHS in Nutrition Communication?	8
Where will I find more information about Option 1?	8
MORE ABOUT OPTION 2 (MRP)	8
Who applies for Option 2?	8
How can enrolling in Option 2 fuel my dietetic career?	8
What are the objectives of completing an MRP?	8
What is expected of me as an MRP student?	9
When are the MHS classes?	9

What is the total time commitment for the program?	9
A special opportunity for RDs working in business and industry	9
What constitutes an MRP?	9
What kind of MRPs have previous students completed?	10
Where are MRP graduates working?	10
Where will I find more information about the MRP process?	10
APPLICATION GUIDE	10
When is my application due?	10
How do I apply?	11
What documents will I need to provide?	12
What should my statement of interest contain?	13
What should my resume include?	13
Who should I ask to provide references?	13
Who should I ask for references if I've been out of school for several years?	13
What kind of communication products should I submit?	13
How do I submit a video or audio product?	13
What is a verifiable communication product?	14
Where do Option 1 applicants get the "Confirmation of Completion" form?	14
What happens after I submit my application to the Ryerson portal?	14
How do I find out the status of my application?	14
What should I do if my application is not complete?	14
When will I know if I'm asked to come for an interview?	14
When will interviews be held?	14
What about out-of-province applicants?	14
What should I do if interview dates overlap?	14
What is the interview process like?	14
Why do you use the MMI process?	15
How should I prepare for the interview?	15
When will I know if I have been accepted?	15
If I receive an offer of admission, how long do I have to decide?	15

PROGRAM INFORMATION

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, industry, 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 2019 to December 2020 inclusive. Students complete the required dietetic practical training through rotations in a variety of dietetic practice environments. Just like a traditional internship, 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 2019 to August 2020 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?

	Option 1 (Practicum) Four semesters	Option 2 (MRP) Three semesters
Fall (Sept-Dec)	NC8104A Nutrition Communication Seminar NC8101 Appraising Scientific Evidence NC8102 Understanding Health Behaviour NC8103 Nutrition Communication Strategies	
Winter (Jan-April)	NC8104B Nutrition Communication Seminar NC8201 Food and Nutrition Policy NC8209 Knowledge Translation	
	NC8300 Professional Practice	NC8205 Directed Studies
Spring/Summer (April-July)	NC8301 Practicum I	MRP Milestone
Fall (Sept-Dec)	NC8302 Practicum II	

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:

- Contact the accredited Canadian undergraduate program from which you graduated
- Request an academic assessment
- 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)
- Preference is given to dietitians qualified to practice in Canada

How many students will the program accept?

- We accept 20 Option 1 (accredited practicum) students and up to 5 Option 2 (MRP) students.

What is the cost of the program?

- **Option 1 (accredited practicum) students** complete four semesters of study with a total tuition cost of \$15,002.79*. **In addition**, they pay ancillary fees of \$1550.00 for each of the two practicum courses. **Total cost of the program for Option 1 students for the four terms of study is \$18,102.79.** Other practicum related costs include:
 - Police vulnerable persons check fees
 - Mask fit test fees
 - Qualifying membership in Dietitians of Canada (optional)
 - Costs incurred for travel to external rotation locations
- **Option 2 (MRP) students** complete three semesters of study with a total program cost of \$11,088.57*. Ontario dietitians may be eligible for up to \$3000 (\$1500 *per funding year*) from the Allied Health Professionals Development fund <http://www.ahpdf.ca/en/howtoapply>

*Based on information available as of September 2018. Subject to change without notice. Applicants should check <http://www.ryerson.ca/registrar/fees/detail/graduate/> for current information.

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 an Ontario Graduate Scholarship (OGS) awards that are adjudicated at both the Faculty and University levels. The top 2-3 students in our program have consistently received an Ontario Graduate Scholarship (\$15,000) or Ontario Graduate Fellowship (\$12,000) award.
- Our program is OSAP eligible
- All other students will receive a Ryerson Graduate Fellowship award which varies in value based on the number of students enrolled in the program.
- MHS 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 \$42.97/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 MHS student in the final project in NC8209 Knowledge Translation. (\$1000)
- 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 Bursary funding in the case of an unexpected and dire financial issue www.ryerson.ca/sfa/bursaries_grants.
- Option 2 (MRP) dietitians enrolled in the program may be entitled to apply for \$1500 from Health Force Ontario through the Allied Health Professionals Development Fund for *each* funding year (a maximum of \$3000). See www.ahpdf.ca for eligibility details.
- Student Access Guarantee: www.ryerson.ca/sfa/bursaries_grants

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)
 - Aboriginal bursaries search tool: <http://www.aadnc-aandc.gc.ca/eng/1351687337141/1351687403171>
 - Allied Health Professional Development Fund - <https://ahpdf.ca/>. MRP students may be eligible to apply for \$1,500 - \$3,000 per funding year.
 - Council of Ontario Universities. Canadian Women's Health Scholars Awards: <http://cou.on.ca/about/awards/ontario-womens-health-scholars/>
 - Canadian Association of Foodservice Professionals national bursary program: <http://cafp.ca/bursary>
 - Canadian Association of Foodservice Professionals Award of Foodservice Excellence: <http://cafp.ca/award-food-service-excellence>
 - CanLearn scholarships: <http://www.canlearn.ca/eng/common/documents/publications/guide.pdf>
 - Desjardins Foundation scholarship: <https://www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/academic-scholarships/index.jsp>
 - Disability Awards: <http://www.disabilityawards.ca/>
 - Mackenzie King Scholarships: <http://www.mkingsscholarships.ca/index-e.html>
 - Ministry of Training, Colleges, and Universities: <http://www.ontario.ca/page/student-loans-grants-scholarships-and-bursaries>
 - Ontario Legion Command Bursary: <http://www.on.legion.ca/remembrance/youth-programs/bursaries>
 - Scholarships Canada database: <http://www.scholarshipscanada.com/>
 - Service Canada: <https://www.canada.ca/en/employment-social-development/services/student-financial-aid/scholarships.html>
 - Soroptimist Foundation of Canada: <http://www.soroptimistfoundation.ca/>
 - Yconic.com (formerly StudentAwards.com): <https://yconic.com/>

Will I be able to work while completing the program?

- The MHS program is intensive and demanding. Students need excellent time management and organizational skills.
- Semesters 1 and 2 each entail four courses, totaling about 11 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.
- 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 2019 to Dec 2020. These students complete the practicum courses during the spring/summer (May-Aug 2020) and fall (Sept-Dec 2020) 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 courses classes scheduled on two days of the week in the fall (Sept-Dec 2019) and winter (Jan-April 2020) terms. These students will complete their MRPs during the spring/summer (May-Aug 2020) 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/>
- You'll find brief biographies of some recent graduates at <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; for a total of 4-6 placements.
- Our practicum coordinator will work with you to create a practicum plan through which you can meet all of the Integrated Competencies for Dietetic Education and Practice and pursue your interests. 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 in December each year. Graduates may need to relocate beyond Toronto to secure employment in their desired area of interest.

Will I be qualified to work in a hospital?

- Yes. You will have met ALL of the Integrated Competencies for Dietetic Education and Practice, just like graduates of internships and other accredited programs.

What if I don't want to work in a hospital?

- That's fine. Dietitians work in many other settings. We've designed our program to provide you with well-rounded education and training so you can follow your dietetic dreams!

What if I don't know where I want to work?

- That's fine too – most students don't have a clear idea where they want to work yet.
- We'll select practicum rotations that expose you to multiple practice environments – you'll find out which areas do, and do not, ignite your interest and passion – while meeting all of the competencies.
- In our program, you'll complete a 3-year professional development to help plan your path.

Will this program give me the same great practical training as an internship?

- Yes. And you will earn a valuable and unique graduate degree in nutrition communication at the same time.
- We design our practicum rotations to ensure that graduates are well-rounded and ready for success in *any* area of dietetic practice – from clinical 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 – that's just one semester more than the average internship program.

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 (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 next career moves

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

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.

A special opportunity for RDs working in business and industry:

Dietitians working in business and industry settings may be eligible for MITACs Accelerate funding to support their studies in our MHSc program. Through MITACS Accelerate, the government matches money provided by your employer to completely fund your MHSc studies. You’ll find more information here: <http://www.mitacs.ca/en/programs/accelerate>. To discuss the feasibility of MITACS Accelerate funding to support your graduate studies, please contact Judy Paisley, PhD, RD at jpaisley@ryerson.ca.

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 <http://www.ryerson.ca/graduate/currentstudents/academicmatters/dissertations.html>

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 literary 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 **November 30, 2018**
- Upload all documents to the Ryerson Applicant Upload portal by **January 9, 2019**

For Option 2 - Major Research Project/Paper

- For early consideration, complete your OUAC online application by **January 9, 2019**
- Upload all documents to the Ryerson Applicant Upload portal by **February 1, 2019**
- Applications will be accepted and reviewed until the program is closed. 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 get the correct email address**

Step 2

- Apply to OUAC (Ontario Universities' Application Centre) by **November 30, 2018 (Option 1) or January 9, 2019 (Option 2)**
- 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 **January 9, 2019 (Option 1) OR February 1, 2019 (Option 2, early consideration)**

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 – Monday, December 25, 2017 to Friday, January 5, 2018 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 well composed (clear, concise) **statement of interest** (1-2 pages) in the MHSc program including:
 - your reasons for pursuing *this particular* graduate program
 - how your previous studies and experience have prepared you for this program
 - your career objectives and how *this* graduate degree will advance them.
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. **Two independently completed and verifiable communication products** that demonstrate your communication skills. One submission must be a text-based product that demonstrates your writing skills. For text-based materials, submit complete documents; excerpts will not be accepted. While the materials submitted may be existing works or something created specifically for this application, they must be materials that you created by yourself *within the past three years*. Works may include reports, brochures, audio and/or video materials, visual arts, published papers (on which you were first author and took the lead in writing the paper), etc. No more than one PowerPoint document can be submitted. Materials are not normally returned.

For each communication product submitted, please create cover sheet with the following information:

- A paragraph (maximum 300 words) stating the title of the work, describing the background of the product, your role in the creation of the product, the date the product was created, and how the product demonstrates your communication capacities.
 - The name, affiliation and contact information for a professional colleague who can verify your role in the production of the material (e.g., an academic advisor, employer, supervisor). In the case of broadcast media products, please provide the name and contact information for an appropriate person at the media outlet/organization.
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 2017 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 (from the current PDEP Internship application package) completed by your undergraduate program or Dietitians of Canada verifying your eligibility to apply for a PDEP accredited graduate program.

What should my statement of interest contain?

- The statement of interest is your opportunity to describe how and why you believe the MHSc program is a great fit for you
- Don't regurgitate our program information; tell us why *this* program matches *your* educational needs; What do you hope to gain in our program? How will the program help you meet your goals?

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 9, 2019**.
- 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 products should I submit?

- You can submit any communication product that you completed independently within the past three years in an academic or professional setting
- Each product should showcase your communication skills – written, oral, or otherwise using appropriate language and style for the targeted audience
- Essays, reports, brochures, posters, videos, speeches, podcasts, scripts, television appearances, creative writing assignments, professional blogs, handouts, newsletter articles, scholarly articles...
- Text-based products should reflect a balanced, well researched, evidence-based approach
- Creative products should reflect originality and creativity
- Only one Powerpoint® presentation can be submitted, you must be the sole author
- Provide whole products; excerpts are not accepted

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

What is a verifiable communication product?

- A verifiable product is one for which you can provide the name and contact information of an instructor, supervisor, or coordinator who can confirm that you completed the project independently

Where do Option 1 applicants get the “Confirmation of Completion” form?

- The blank form is in the current Dietitians of Canada Internship Application package
- 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 MHS Sc 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, 2018** 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 Option 1 (accredited practicum) applicants will be contacted by February 9, 2018
- Short-listed Option 2 (MRP) applicants will be contacted late-March, 2018

When will interviews be held?

- Option 1 (accredited practicum) interviews will occur during the weeks of February 11th and 25th, 2019.
- Option 2 (MRP) interviews for applicants seeking early consideration occur early March 2019. Interviews will extend until Option 2 admissions are closed.

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

What is the interview process like?

- We use a process called multiple-mini interviews (MMIs) for Option 1 applicants. MMIs take a typical interview and divide it into 8-10 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. Our MMI setup includes a rest and refreshment station where applicants meet and chat with current students.
- If you receive an invitation to participate in an interview for Option 2, the interview format will be confirmed at that time.

Why do we 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 for the interview?

- The best advice is *be yourself*. Review your resume and remind yourself of your many accomplishments.
- MMI items give you opportunities to express your interpersonal, oral and written communication, and critical thinking skills.

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 one week to respond. However, we strongly encourage you to respond as soon as possible to secure your place in the program.