

New Resources for Nutrition Educators

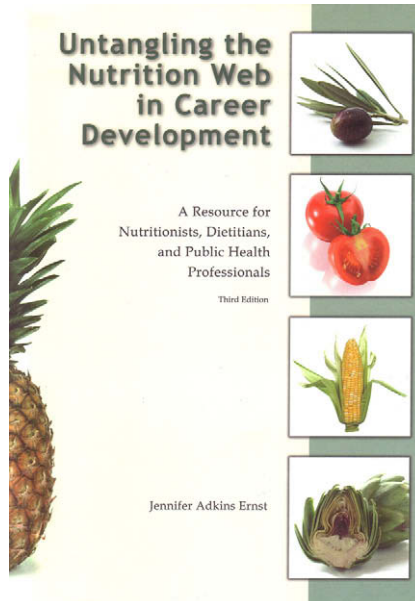
BOOKLET

Untangling the Nutrition Web in Career Development, 3rd edition. Ernst JA. 2008, Jennifer Adkins Ernst, www.nutritioncareers.com. Paperback booklet, 46 pp, \$20.00, ISBN 978-0-615-19476-9.

This resource is for nutritionists, dietitians, and public health professionals. Whether you are new to the profession of nutrition and health or mid-career, you will learn valuable lessons and personal insights about yourself and your chosen career path.

Do you know where your career is headed? Are you in the driver's seat or just a passenger? This helpful booklet will guide you through the identification of where you are on the career continuum and help you decide the "what's next" regarding your career. In this booklet, Ernst asks readers to understand themselves and encourages exploration of career options while making informed choices. Self-reflection is encouraged with thought-provoking questions and worksheets throughout the resource. The intended audience is anyone interested in nutrition or public health-related fields. The booklet is designed to benefit not only those just beginning their professional careers, but also those who are well established in their careers. Ernst discusses advancement and how to maintain the skills necessary to stay current in the field.

The organization of this booklet fits its purpose. It begins with a discussion of the "big picture." In this section, Ernst defines the career development stages and shares advice from 10 nutrition professionals. The next section walks readers through the process of examining themselves and their skills, abilities, personality types, and experiences in life and



work. Charts assist readers in identifying important personal values and in recognizing areas of strength—as well as areas where additional training may be needed.

The next section assists readers as they examine the options available in the field of nutrition. It includes a comprehensive and well-organized chart detailing employment opportunities. The chart is divided into 4 columns that include broad categories of employers, examples of employers, keywords that relate to the job categories, and specific tasks that would be found in job announcements. There also is a helpful discussion on the pros and cons of becoming a Registered Dietitian (RD), as well as various educational options. The focus of the last section is directed at informed decision making. A discussion about issues that may be faced in this process, organizational advice, and an itemized checklist of things "to

do" will guide the reader through this process. The conclusion includes a list of related Web sites, listservs, books, and related articles.

A unique quality of this booklet is its interactive nature: it asks readers serious questions about their career options and desires, and then includes worksheets in which the reader may answer the questions posed in the text (as well as make notes of personal opinions, choices, and options). Additional strengths of this booklet include its organization, simplicity, and readability. Graphics are used sparingly and enhance, rather than detract, from the presentation of material. In this edition, Ernst has responded to previous criticism by making the job opportunities chart broad enough to cover not only regions in the United States, but also regions throughout the world.

Although the booklet does not specifically offer new and innovative insights into career options, it does a commendable job of summarizing, in a very succinct manner, the decision-making process and options available to those who choose to enter the nutrition profession. This book would be useful as a resource for anyone making decisions about the future of their nutrition-related career.

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