



# Your Degree What Next: *Human Nutrition and Dietetics*

## What can I do with my degree?

When you graduate, you will be well placed to find work as a dietitian or clinical nutritionist in a hospital or in the community. You will also be qualified to work in, for example, a food company or in clinical nutrition product sales and marketing. You might also decide to pursue an academic career in research or education. Some graduates choose to pursue further study and develop an academic career in research or education

Typical of job titles and employers of graduates of this course include:

### Roles

Dietitian  
Performance nutritionist  
Health promotion  
Clinical data analyst  
Research nutritionist  
Regulatory affairs

### Employers

Kerry Group  
Glanbia  
Food Safety Authority  
Genomics  
Musgraves  
Irish Heart Foundation

You might decide that you want to continue your studies after your Degree. Funding for PhD level research can be found through a number of sources including HRB Sphere, the Fiosraigh Scholarship programme, the Marie Sklodowska Curie Career FIT Fellowship in Food Science and Nutrition, and the Research Council.

While these are the types of jobs graduates of your course typically enter, many graduate roles are open to graduates of all disciplines, so your options are much broader than those related strictly to your course. If you're not sure what you'd like to do, check out the career planning resources on the Careers Service website and book an appointment with your careers consultant.

## Useful Resources

The organisations and professional bodies listed below are useful resources for career / sector specific information:

### Professional Bodies and Useful Sites

Health Research Board  
Irish Institute of Sport  
Ornua  
Teagasc

### Resources

gradireland (IE)  
Targetjobs (UK)  
Prospects (UK)  
Sciencemag (Global)  
Vault Career Insider (Global)

## Graduate attributes and transferrable skills you can develop at Trinity

You gain a wide range of skills and attributes while at College, through academic study, clubs and societies, voluntary work, student politics, work and other commitments. These are important to recognize as they inform your career decisions and are a critical ingredient in your applications for postgraduate study and jobs.

Here are some skills you can gain :

**1. Critical Thinking** - The most fundamental part of a university education is learning to work on your own and to make independent judgments. You have to discover the information that you need to analyse complex questions and develop your ideas about them and to present your arguments clearly and persuasively.

**2. Teamwork** - Learning to work as part of a team is an important skill; sharing the workload, agreeing roles and working as a team to develop ideas, analyse information and present a coherent group argument.

**3. Independent Research** - You will have learnt how to use the library and other complex information resources and coordinate information from a wide variety of sources.

**4. Logical argumentation** - You will know how to bring together facts and arguments in order to answer a specific ques-

**5. Time and project management** - By working on assignments and studying for exams you will have developed the ability to revise and consolidate your work and know how to extract the essential points from a mass of information. You will also have learned how to manage your own time and to work under pressure of deadlines.

**6. Verbal communication** - You will know how to present your ideas orally and to contribute constructively to discussions.

**7. Written communication** - You will have had the opportunity to present your ideas in writing accurately and concisely, using convincing arguments which are based on solid evidence; responding flexibly to different types of questions and expressing your thoughts concisely; carrying out in-depth research on a specialised topic and develop the sustained writing skills needed.

**8. Digital Skills** - You will have the opportunity of developing your computer skills both from typing up your own essays and papers and from undertaking searches on the web & using databases.

**9. Personal Development** – You are managing the learning required for a degree and recognising the gaps in your understanding and ensuring that these are addressed in ways that best suit your learning style.

### How can the Careers Service help me?

The Careers Advisory Service supports students in exploring their career options and connects students with employers. You can book an appointment with your careers consultant to help you deciding your next step in your career.

Login to MyCareer at [www.tcd.ie/careers](http://www.tcd.ie/careers) and book your appointment today.

### Contact Us

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