



Episode 50 - Final Episode

Transcript

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When I started this podcast, I had very little planning or even idea of where I was gonna go with it, how I was gonna do it, or what it was even gonna look like. I really didn't know what the podcast would turn into because I'd never done a podcast before. I call myself a loose planner. I've learned in life that plans often get derailed so I have them but I leave room for spontaneity. That's what works best for me. And that helped in this case. I didn't even know how to start it or how to go about it. I had to do a lot of reading and figuring it out, but what I knew for sure was that I wanted to give back to the community I'm so proud to be a part of which is the dietitian community. And I wanted to do something to help RDs2Be. Because I've been a preceptor for most of my career as a dietitian and at the end of every internship, the interns are flooded with a bunch of emotions. They're excited on one hand because they finished the internship but they're also nervous they're about to into studying to take the RD exam and as you know transitions are hard. It's the next unknown. And you can only go by what you hear. You have to experience it yourself. So I would try to help my interns feel comforted as much as possible as they start studying for the exam. So I knew I wanted to help in some capacity when it comes to students because you are the future of this community and I know that you're gonna lead us in a really positive direction. Because we as dietitians are the experts in nutrition and we have an obligation and a responsibility to put out evidenced-based guidelines and be the experts and share accurate information. There's so much inaccurate noise out there. We are the voice of reason. So I just really wanted to do something to support you. I wanted this podcast to be a place for interns to go and learn in a fun way through stories which is my favorite thing to do. So as you can see by the title of this episode, this is the final episode of the RD exam made easy podcast and I'm really excited to share my thoughts as I wrap up this podcast that I'm so incredibly proud of and so grateful for that it brought you into my world.

Intro and Music

So hey. My goodness, episode 50. I can't believe it. I'm truly just so happy that you've been with me along this journey. That you've taken the time to listen to the episodes, and that you reached out with your exciting moments and asked questions and really connected with me. And I cannot thank each and everyone of you enough for doing that. For tuning in, for the kind words that you've shared with me, and for sharing the podcast with other RDs2Be because that's the point...to spread the word and help others and I'm just so incredibly proud of all of you for your hard work. I don't think people truly understand how much work goes into being a dietitian. I have spent so many hours working on episodes for this podcast. I make sure that I look up the most current

information and resources available so that I am also giving credible and accurate information. And I've done a lot of podcast episodes in my car or when my kids are at their activities. And this one time, I was sitting on the couch at one of my daughters activities and this woman came into the room and she said, "What are you doing?" Because I had binders and books and papers all lined up in this public space. And I said, "Oh, I'm creating a podcast episode" and she said, "Oh, what's your podcast on" So I said, "It's to help interns and students who are studying for the RD exam to get over that last hump so that they'll pass the exam" and she said, "Oh my gosh, it's so much work to become a dietitian". I was a little confused and I said, "Oh are you a dietitian" and she said, "No". So at this point and asked "So how do you know how much work goes into becoming a dietitian?" I mean it was just so random right. Only dietitians know what actually goes into becoming a dietitian. So I was kinda confused that this woman, who's not a dietitian, and someone that I also didn't know had made that comment to me. And so, she said, "Oh ya, I wanted to be a dietitian but when I looked up all the requirements that are necessary to become one and all the classes and now it's required to have a masters degree in order to qualify to sit for the exam and then to get a dietetic internship she said, it's just too much and I decided it's not the path for me". And I really appreciated that conversation because I felt that she really validated and recognized what goes into being a dietitian. And I really thought that was great because so many people, like I said unless they are a dietitian, really are clueless when it comes to everything that goes into being a dietitian. And you've put in all this effort, and you've listened to these episodes and you've studied and you've dedicated your time to get across that finish line. You overcame all that to get to where you are today.

I'm so proud of everything you've done to get to this point. And I know that it's not gonna end here. Once you pass the exam and you become a dietitian, you're gonna do amazing work. You know we specialize as dietitians. You're gonna go out there and find something that you love and be the expert in that area. And you're gonna get the practice and the experience and be that person people go to who need help with whatever it is you specialize in. Whether it's a disease state or maybe you go into research or maybe you work with a sports team or maybe you work in a hospital doing clinical work helping people in their very vulnerable and scary moments or maybe you work in food service and your focus is on making safe, healthy food to nourish people who are in the hospital or maybe you decide to work in the school system where you have young kids who are so impressionable and are learning about nutrition. And so wherever it is you work and whatever it is you decide to specialize in, every single area of dietetics is valuable. And I don't think there's one area that isn't incredible and important. I sometimes hear dietitians say negative things about certain areas of dietetics and I just can't do that. I don't think it's right. I think that every area, no matter what it is you do, we need dietitians. We need experts to be there, to be the face of nutrition. And with that comes great responsibility and so remember that you represent the profession, and you do represent other dietitians and you have a huge responsibility which is really wonderful. I think it's so important that people look to us as the experts because so many people out there are

giving nutrition advice and they're not experts, they don't really know. They just read something and form opinions and they put stuff out there. And that's what really makes dietitians different and special and unique because we have the training, we have the science background. We know how much science is involved with nutrition. There's so much science in order to become a dietitian that people are really not aware of and that's what separate us. I mean, by the time I finished everything, I had taken 17 units of chemistry alone. I only had to take one more chemistry class to get a minor in chemistry. I didn't do that because I was done at that point but that's how much chemistry was required to get to the finish line. It's a lot and you did it!

So be proud of yourself. And I'm so excited to hear and see what you do. I hope that you connect with me on instagram or find me on my website at jananicholl.com or you send me an email and let me know what you've done, where you're going. Please stay connected because I'm not going anywhere. While I'm closing this chapter, I'm moving on to other things and I'm so excited for the journey. You know I've shared this before many times but since I became a dietitian, I was never that person who knew what I wanted to do and knew exactly what I wanted to be or where I was going so I've dabbled in a lot of things. I'm a lactation consultant because I've always loved working with moms and babies. Since I was 12 years old, I started babysitting and have always loved babies so much and I wanted to be an advocate for helping moms and babies with breastfeeding because it's a natural thing but yet there's still so much stigma around the world around breastfeeding especially in the United States. So that was really important to me which is why I became a lactation consultant. And I started in public health but that didn't last very long until I switched into clinical and I tried outpatient. I tried foodservice management. I teach at a community college. I'm a podcaster and a writer. And so I do all kinds of things because I just love all areas. I could never just pick one area and my next adventure is gonna be super fun, super exciting, and kinda scary. I can't lie about that because I don't really know where it's gonna take me. I don't really know where it's gonna lead me. I don't really know what it's gonna look like but I know that it's gonna be fun, I'm determined to make it fun. And I'm gonna try hard to be focused and in-tuned to listen to my gut and my instincts. For so much of my life, and I eventually will share that story, but for so much of my life, I ignored my instincts and it didn't work out well. Your instincts are there. They talk to you. And if you don't listen, they scream at you and if you continue to ignore your instincts, you find yourself in some predicaments that aren't so great but this time, I'm really trying to get quiet and still, and listen to what my gut is telling me. I'm just gonna follow that journey and where it takes me.

You know, we're a profession of perfectionists and overthinkers so I want to address that quickly. Because I'm also talking to myself. It's an ongoing battle, an ongoing challenge for me but there's one thing I'm focusing on as I continue on this journey of life. And that one thing is to get started and not wait until I'm ready. Just get started. And I want you to do the same. So many of you listeners have probably studied enough but you don't feel ready

so you haven't scheduled the exam. So many of you want to start working but you feel you aren't ready for that one dream job so you wait and hold yourself back. So please hear me when I say, get started, get going, don't wait until you feel totally ready. Get your ducks in a row. Study and make sure you've prepared for it. But when I took the exam, I wasn't ready. I didn't feel I'd studied enough. And I was told by my doctor that I might have thyroid cancer. So when I took the exam, I wasn't sure what the next journey in my life would even look like. I had to really try to quiet my mind so I could focus on the exam and not my worries that I had cancer. And I passed the exam. I have no idea what my score was. It doesn't matter because I passed. Remember a pass is a pass is a pass. I've said it so many times on this podcast and I'm gonna say it again, It's an entry level exam. And all you need to do is pass. So please get going. Don't hold yourself back because you're worried you're not ready. Just move forward. Schedule the exam. And look for jobs. If it's your first job as a dietitian, you don't yet know what it's like to have a job as a dietitian. How could you? It's your first job. But I promise you, you will learn. You will learn more about being a dietitian and you will learn more about the workforce and what you like and don't like. And your journey will begin. You never know where it will take you. Let me say that again. You never know where your journey will take you. I was never gonna work in clinical. I did for over 8 years. I was never gonna be a manager. That's where I found myself. And I was never gonna leave Canada. But I did. So what I've learned, is never say never. You never know where your road will take you. You have to get started to see where the journey and the road will take you.

And I wanted to say that wherever you are in your path of studying, whether you've taken the exam several times and haven't passed which I know happens to many listeners or you've taken it once and you passed. Whatever it is, I want you to know that you deserve to be here. You are worthy. You are deserving. You are loved. You have so much to share and so much to give. And you have a story to tell. You absolutely have a story to tell and whether you tell it on a big scale or you tell it to the people you work with or you tell it in more intimate settings, don't be shy to share your wins. And as you get experience and as you work with more clients, those wins and those moments will become more stories that you can share to inspired others. And just know that how you do on the exam initially, while my hope is that each and everyone of you pass it on the first time, but now that if it doesn't happen like that and you don't pass on the first try, I want you to know that that doesn't define your skills, your ability or how you'll be as a dietitian. It absolutely does not.

Some people have a hard time taking tests. That's just the nature of it. You do have to pass in order to be deemed entry level and that can be really hard for some people. I knew someone who had such bad test anxiety. As she was driving to take the exam, she stopped her car on the side of the road, cried and missed the exam because she was way too nervous to go in and take it. Eventually she passed and she's a great dietitian. So please know that it happens. People sometimes struggle. And if that is you, I just want you to know that I see you and that's

one of the reasons I started this podcast. So if you're one of those people who struggles, I want you to really work on your breathing and work on your mindset. And just know that you will get through it. You absolutely will and I'm cheering you on every step of the way.

So I want to thank you. Episode 50. I mean. Wow, it's been a big journey. I've worked multiple jobs along the way, a full time job, a part time job, raising a family, doing this podcast, working on other projects and presentations and guest speaking and through all of that I wanted to be here for you, and continue to release new episodes. And I'm really proud of myself for finishing what I set out to do. It feels really good to work on a project, to work on something that has a goal of helping other people and actually finish it. I mean there's something just so powerful about finishing something you set out to do. And I know that when you pass the RD exam, you're gonna feel the exact same way. That sense of accomplishment that you did what you set out to do. And I know it's gonna happen for you. So thank you from the bottom of my heart for being here, for sticking with me, for listening to the episodes, for sharing it with other people, for dedicating your time and staying motivated and staying focused and studying so hard to achieve your goals. And I really want to thank you for your kind words. Just sharing with me how the podcast helped you and sharing your wins and sharing your kindness. Because it's vulnerable putting episodes out. You don't know if you're reaching anybody. When you give a presentation, you get immediate feedback. You can see people's faces in the audience and people will smile or people will frown, or when I'm teaching for example I can see people looking confused so I know I have to find a different approach. But when you're releasing an episode on a podcast, you don't have any of that feedback. You make it, you put it out there and you never know how it lands unless people share that feedback.

So I really want to thank you for all the kind words and the feedback you've given me.

I'm keeping this podcast up because every year, more dietetics interns go through the program and need to take the exam. So please share this with your school, your instructors, and other students. I made this podcast for RDs2Be and while I'm not releasing new episodes going forward, the content is still helpful for current and future students.

So thank you so much again for your kind words, your reviews, and sharing your journey with me. It's been so instrumental in keeping me going in this journey. When I hear your incredible wins, it brings me so much joy. Please stay connected. You can find me on instagram @jananichollrd or on my website at jananicholl.com. I'm wishing you so much luck. I've put positive energy out in the universe coming towards you. And I know you're gonna pass and do fantastic things in your life. And for the last time on this podcast I want to say, "Stay on top of your study game. There's no limits to achieving the success you so deeply desire".