

Application Recommendations and Checklist for the MS in Nutrition & Wellness Program

As you prepare your application materials for admission, it will be important for you to attend to the following recommendations:

Please ask your references to use the “Letter of Reference Form” included in the application materials. Often prospective students submit letters written on their behalf. We require that the forms be completed. A letter is welcomed *in addition* to the official form.

Application statement:

Your application statement (goal statement) assists the admissions committee in understanding your personal story as it reflects your professional career interests and reasons for applying to the MS in Nutrition and Wellness. This helps the committee to see that the student has done self-reflection and has a good understanding of his or her motivation for graduate work. This statement needs to clearly indicate your vision for your future. It should answer the following questions:

- “Why was the MS in Nutrition and Wellness program selected?” “Why are you a good candidate for the MS in Nutrition and Wellness?”
- “Where do you see yourself upon graduation from MS in Nutrition and Wellness Program?”
- “What kind of work do you envision yourself doing in 5 years?”
- “How would graduate school contribute to meeting your short and long term professional goals?”

Describe what you bring to the program. Specific details of the student’s life experiences are less important than the theme of one experiences or skills/insights/traits developed from experiences. Demonstrating professionalism in sharing his/her background is important. Resumes or curriculum vitas are optional but can be submitted as part of the application.

Again, it will be important to be straightforward and clear in this essay. Demonstrate how the education you will receive in the MS in Nutrition and Wellness Program fits your future career goals and what you bring to the program.

This essay will also demonstrate your writing skill. Please be brief.

Length: one or two pages are sufficient.

Format: business letter organization regarding line spacing (single-spaced), margins (1-1.25 inches), font style and size, paragraph structure, etc.

APPLICATION CHECKLIST:

_____ **Application for Graduate Admission** and \$40.00 application fee

_____ **Prerequisite courses** (with a minimum grade of C or better for each):

- Principles of Biology course
- Physiology course, or combined Anatomy and Physiology course
- Biochemistry course (appropriate level requires introductory or general chemistry and organic chemistry as prerequisites)
- Basic nutrition course at the 200 level or higher

_____ **GPA** of a minimum of 3.000 out of 4.000

_____ **GRE** scores (within past five years) in the 30th percentile or higher (for each section of verbal, quantitative and qualitative)

GRE exemption: Applicants who have completed an advanced degree (master, doctoral) in the United States are exempt from the GRE requirement. Registered dietitians, nurses and physicians who provide a notarized copy of their USA credential status (e.g., for the RD it would be a notarized copy of the CDR card) are also exempt from this requirement.

_____ **Application statement** that includes responses to questions

_____ **Official transcripts** from all colleges/universities attended

_____ **References:** At least two references (e.g., one academic and one professional OR two professional references) using the reference form. Supplemental letters in addition to the reference form are welcomed.

_____ **Resume or curriculum vitae:** optional

We sincerely hope these tips will be helpful to our prospective students and will optimize their opportunity for admission. More details are found in the MS in Nutrition and Wellness Guide (posted on MS page at ben.edu/nutrition).