

## MORGAN MCCARTHY

To Acadia Selection & Review Committee,

I am pleased to write to you today regarding my application for dietetic practicum placement and for you to review my portfolio. I am confident my qualifications and experience make me an ideal candidate for this position.

My appreciation for food and nutrition began with my father who as a health care worker did a lot of personal research into sports nutrition for my brother, nutrition as it relates to disease management (for cardiovascular health), and modeled and shared a love for natural, minimally processed foods based on his upbringing in rural Newfoundland. I didn't realize it at the time, but this laid the foundation of my values around food and healthy eating. It wasn't until an influential teacher and mentor shared about her experiences taking the dietetics course at Acadia University that I found myself diving deeper into what it meant to become a dietitian and knew this was something I wanted to pursue. I am now proud to say I can pass along these values and passions to my own children as my influencers have in my own past.

I researched schools offering dietetics and chose Mount Saint Vincent as my preferred place of study. I thoroughly enjoyed my studies at Mount Saint Vincent and learned a great deal during my time there, however as a young adult with so many options in front of me I still had a limited view of where I thought dietetics could take me. During my first year of dietetics I applied for a food service position at Valley Regional Hospital to gain experience, and over the course of my degree I worked weekends, holidays, and summers and was fortunate enough to gain exposure in varying roles from front line worker to supervisor. I am extremely grateful for this opportunity as these experiences both showed me the relevance of my studies and integrated competencies of dietetics throughout my program.

The last 10 years my career has been focused on food provision and management as a supervisor in long term care, acute care, rural, and regional sites with Nova Scotia Health throughout the Western Zone, working with a wide array of staff, interprofessional teams, and collaborative decision makers. I feel I have gained a wealth of knowledge regarding what it means to be a leader, how to deliver effective service for patients, and empathy and care for our communities. While I've enjoyed my time in managerial roles, I've remained interested in the clinical and community side of dietetics and am passionate about connecting more with these groups of clients. I am passionate about food, and I believe nutrition is one of the most relatable and impactful ways to help people live healthier lives. By becoming a Registered Dietician I hope to explore new career opportunities that connect closer to the roots of where this journey began for me, focusing on nutrition, health, and providing care for individuals in my community.

It is with this I hope you take my application into consideration, as I know I have what it takes to make a great dietitian, and I look forward to speaking with you regarding my portfolio.

Sincerely,

*Morgan McCarthy*