

Freshman Year

Semester 1 - Academic	Semester 1 - Career
English Composition I (EC1)	☐ Access Handshake QC for career opportunities
World Cultures & Global Issues (WCGI)	☐ Attend Career Center Meet & Greet Orientation and Career Center Workshops
U.S. Experience in Its Diversity	☐ Take Focus 2 Career Assessment
Creative Expression (CE)	☐ Create a Draft Resume
PSYCH 101 (SW)	☐ Join Student Clubs (Uknighited)
	☐ Review courses for the anticipated major
16 credits	☐ Participate on First-Year Experience

Semester 2 - Academic	Semester 2 - Career
English Composition II (EC2)	☐ Create a LinkedIn account
Foreign Language (LANG)	☐ Explore career options for registered dietitians and dietetic technicians
PSYCH 1073 + PSYCH 1071 (MQR)	☐ Meet with faculty, career, and academic advisors**
Minor or general electives *	☐ Leverage professional development & skill growth for Nutrition & Dietetics Majors
	☐ Build NACE career-readiness competencies
15 credits	☐ Draft a Cover Letter (e.g., for internships, etc.)

** Repeat regularly in each academic year

Sophomore Year

Semester 3 - Academic	Semester 3 - Career
FNES 101 (LPS)	☐ Find a mentor and check-in regularly
CHEM 1011 + CHEM 1013 (SW)	☐ Update Handshake profile
Individual & Society (IS)	☐ Develop LinkedIn network
College Option Literature (LIT+W)	☐ Strengthen resume
FNES 104	☐ Join the dietetics club
16 credits	☐ Begin a summer/career internship search

Semester 4 - Academic	Semester 4 - Career
FNES 275	☐ Find out about research in Nutrition & Dietetics
FNES 260	☐ Volunteer in the FNES Garden
CHEM 1021 + CHEM 1023 (SCI)	☐ Participate in Dietetics Club activities
Minor or general electives *	☐ Start building a professional portfolio
	☐ Join professional orgs
	☐ Attend on campus and external career fairs
14 credits	☐ Learn statistical tools like SPSS , R , Stata , etc. - use those from your statistics course

* Consult departmental advisor for specific requirements

Junior Year

Semester 5 - Academic	Semester 5 - Career
FNES 263	☐ Participate in Dietetics Club activities; Assume a leadership role
FNES 275	☐ Volunteer in the FNES Garden or FNES 101 course
CHEM 1033 + CHEM 1031	☐ Attend professional meetings
FNES 378	☐ Apply for professional experience (voluntary/paid)
	☐ Refine resume for industry standards
	☐ Look for RDNs to follow on LinkedIn or social media
15 credits	☐ Continue to meet with advisors

Semester 6 - Academic	Semester 6 - Career
FNES 307W	☐ Continue voluntary/paid position
FNES 264	☐ Explore supervised practice programs and graduate degree programs
BIOL 40	☐ Attend DICAS meetings (next step toward RDN credential)
FNES elective *	☐ Find research opportunity for summer or senior year
Minor or general electives *	☐ Engage and connect with professional networks
	☐ Apply to the QC accelerated program
	☐ Meet with N&D program and general academic advisor
15 credits	☐ Attend a QC DI/MS-DI Open House

Senior Year

Semester 7 - Academic	Semester 7 - Career
FNES 365	☐ Update resume for industry standards
FNES 203W	☐ Secure references and recommendations for DICAS
FNES 368	☐ Apply to graduate program and supervised practice program through DICAS
FNES 300	☐ Continue vol/paid work in Nutrition & Dietetics and/or work on a research project
BIOL 41	☐ Utilize the Career Center for job events, interview strategies , and employability skills
15 credits	

Semester 8 - Academic	Semester 8 - Career
FNES 337	☐ Complete DICAS application tasks: select, accept or decline offer
FNES 366	☐ Complete CUNY Cap & Gown Survey
BIOL 44	☐ Alumni networking; Join QC Alumni
FNES 382	☐ Build alumni network on LinkedIn Groups
15 credits	

Note: This career-infused map demonstrates how academic goals and career goals may be pursued side-by-side. Please always consult your departmental advisor, as academic program requirements may change. This academic schedule is based on the QCin4 map for students who entered Queens College in Fall of 2025. This is not an official academic advising map.