

# Kara Elizabeth Carter

University of Maryland Dietetic Intern | [carte2ke@dukes.jmu.edu](mailto:carte2ke@dukes.jmu.edu) | Full Portfolio at [karaelizabeth.weebly.com](http://karaelizabeth.weebly.com)

## Education & Skills

### University of Maryland College Park, Dietetic Internship

June 2017

Comprehensive 44 week internship with a focus in nutrition informatics that includes over 12 rotations within the areas of clinical, food service, technology and community nutrition.

**Publications Activity:** Published nutrition-related blogs and media content for a variety of audiences, including:

International Food and Information Counsel (IFIC), University of Maryland Internship blog, USDA Blog, UMD Dining Services blog and marketing material.

**Technology and Computer Skills:** Proficient in webpage design, online evaluations, and a variety of social media platforms. Under the Center for Nutrition Policy and Promotion, content was developed for Facebook, twitter and SuperTracker messenger. Also contributed to website editing for [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov).

**Clinical:** Completed an 8 week rotation covering oncology, medical surgery, renal, diabetes, cardiac and ICU floors. Met or exceeded all evaluation criteria for 2 weeks of staff relief completed on oncology and medical surgery floors, seeing 10-12 patients a day.

### James Madison University, Bachelor of Science in Dietetics

May 2016

**Minor:** Spanish  
Honors Program

**GPA:** 3.75

**Dean's List:** Fall 2012 – Spring 2015

**President's List:** Fall 2015 – Spring 2016

**Study Abroad:**

Buenos Aires, Argentina, Summer 2013

Bahamas, Spring Break 2016

## Nutrition Experiences

### Nutrition Analyst

Spring 2015 - May 2016

University Recreation Center

Harrisonburg, VA

- Instructed nutrition education classes for college student
- Performed personalized nutrition analyses for individual clients

### Research

Harrisonburg, VA

Health Communications

October 2014 - May 2016

[Effective Communication of School Health Screening Information: A Pilot Study Evaluating the Effect of Electronic Communication of BMI Screening Information in Elementary Schools](#)

Breastfeeding

Spring 2015

[Breastfeeding in Public: A Qualitative Study on University Students' Perception of Breastfeeding and its Effects on Their Future Decisions](#)

### Food Service

January 2013 – May 2013

Domino's Pizza Delivery Expert

Harrisonburg, VA

- Assist in making pizza
- Deliver high quality customer service
- Safely and efficiently deliver pizza

## Certifications & Certificates

WIC Works  
ServSafe

CITI Human Subject Training

HHS Cultural Competencies  
Lifeguard Instructor

Water Safety Instructor  
Professional Rescuer (Lifeguard)