**Directions**

Part I: Description of previous experience

· List one job experience per line.  
· List the specific job title, volunteer position, and job task individually in space provided.

Part II: Required competency documentation

Complete competency form with current position or position(s) held within the previous two years that attest to your competency experience for PAL Credit consideration.  
Describe what was learned: Use this column to document the learning that occurred, not just a list of what you did. Include not only what you have learned (for example, "I have learned to use PowerPoint.") but also your deeper understanding of the knowledge (for example, "I have incorporated critical thinking skills into my practice when I…")

**List of Jobs**

Company Name Supervisor Name, Title Supervisor Email Address

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |

Prior assessed learning (PAL) –   
Worksite Wellness and Health Promotion

Application

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Competency | Dates | Supervisor | Responsibilities | What I learned |
| **CRDN 1.5:** Incorporate critical-thinking skills in overall practice |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.1:** Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of practice for the Registered Dietitian Nutritionist, Standards of Practice, Standards of Professional Performance, and Code of Ethics for the Profession of Nutrition and Dietetics. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.3:** Demonstrate active participation, teamwork and contribution in group settings. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.7:** Apply change management strategies to achieve desired outcomes. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.10:** Demonstrate professional attributes in all areas of practice. (Tip: Professional attributes include showing initiative and proactively developing solutions, advocacy, customer focus, risk taking, critical thinking, flexibility, time management, work  prioritization and work ethic.) |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.11:** Show cultural humility in interactions with colleagues, staff, clients, patients and the public. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.12:** Implement culturally sensitive strategies to address cultural biases and differences. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.11:** Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.12:** Deliver respectful, science-based answers to client questions concerning emerging trends. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.1:** Perform self-assessment that includes awareness in terms of learning and leadership and cultural orientation and develop goals for self-improvement. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.2:** Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and career goals. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.3:** Prepare a plan for professional development according to Commission on Dietetic Registration guidelines. |  |  |  |  |
| **CRDN 5.4:** Advocate for opportunities in the professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for promotion). |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.8:** Identify and articulate the value of precepting. |  |  |  |  |
|  |  |  |  |  |
| **WWHP 8.1:** Intern utilizes tools and resources to promote positive health outcomes in the worksite setting. |  |  |  |  |
|  |  |  |  |  |
| **WWHP 8.2:** Develop a strategic plan based on the health risks of the employee population |  |  |  |  |
|  |  |  |  |  |
| **WWHP 8.3:** Evaluate needs and interest of employee population around wellness. |  |  |  |  |
|  |  |  |  |  |
| **WWHP 8.4:** Evaluate health and wellness culture and environment of a worksite setting that includes cafeteria, fitness, vending machines, flex time, smoking policies etc. |  |  |  |  |
|  |  |  |  |  |
| **WWHP 8.5:** Develop and demonstrate an understanding of the economic challenges of healthcare for businesses. |  |  |  |  |

**Attestation**

I have reviewed the above competencies form and attest that these experiences and/or knowledge where obtained during the employees’ employment/volunteer position with our company. I firmly believe these skills and knowledge are suitable for an entry level dietitian position.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor Name/Title Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor Printed Name

The information provided in the competency form is an accurate description of my knowledge and skills in worksite wellness and health promotion

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Applicant Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Applicant Printed Name