

Leadership Studies

‘FOLIO!’

Mary Broe’s Leadership Journey

Overview

Nutrition through the Lifecycle compared to my Leadership Studies Journey

1. Childhood
2. Adolescent
3. Young Adult
4. Adult
5. Elderly



- Freshman Year
- Sophomore Year
- Junior Year
- Senior Year
- Life After URI

Infant Nutrition

Growth during infancy is the most rapid, and inadequate intake during infancy can lead to lifelong consequences

Caretakers choose meals, once baby can tolerate solid provide a variety of flavors, textures and consistencies.



Childhood Nutrition

Child begins to make own decisions and should receive some freedom in food choices, encourage a variety

Parents are still primary care provider, but teachers, friends and media begin to influence behavior and decisions

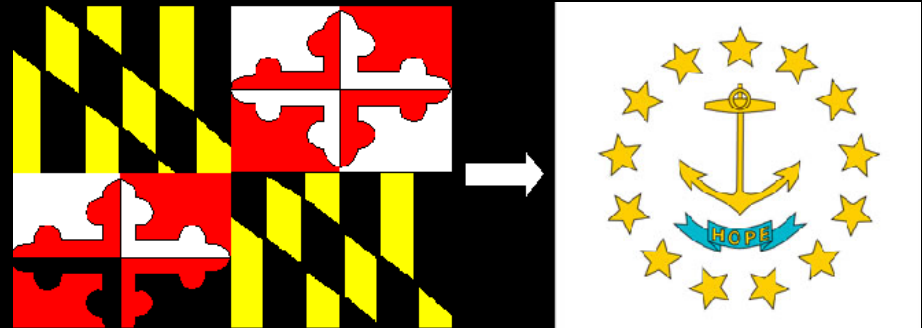


Freshman Year

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
THE ENVIRONMENT
AND LIFE SCIENCES

Self-Leadership

Outcome # 1: *Student will demonstrate autonomy and a minimized need for approval.*



Adolescent Nutrition

Nutritional needs vary depending on individual growth

Unhealthy eating is coming, adolescents have more say in what they eat and what they do

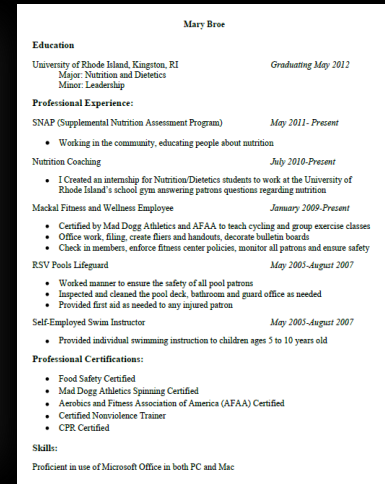
Influencers on intake include peers, parents, body image and media



Sophomore Year

Critical Thinking

Outcome #79: Student will describe personal examples of having used five decision making methods.



Lame Resume



LEAD BIG



WE DO

Young Adult Nutrition

The nutrition habits developed during this time are investments in future health

No longer dependent on parents, make own food and behavior choices.

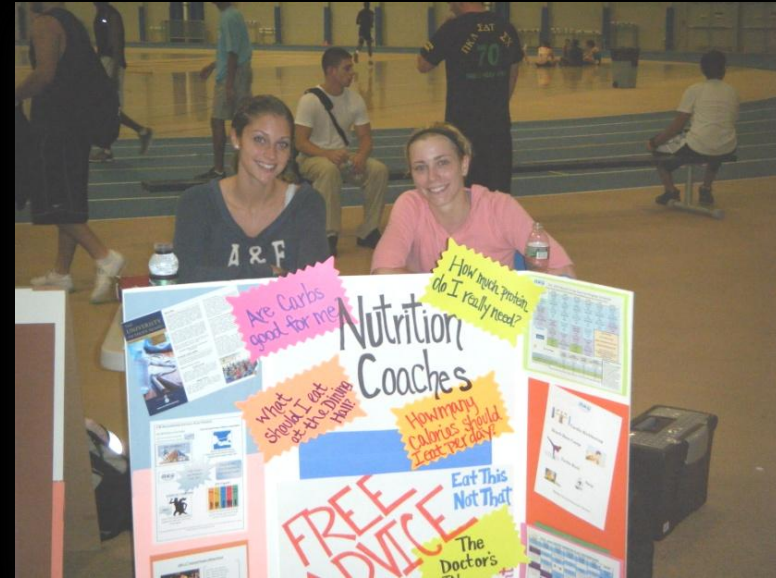


Interpersonal and Organizational Concepts & Skills

Outcome #90: *Student will describe
personal examples of organizing
meetings / setting agendas / leading
meetings*



Junior Year





The habits developed as an early adult play a major role in the decisions and lifestyle choices of an older adult

Their lifestyle choices will influence their future risk for disease and overall quality of life

Adult Nutrition



Juiced up Resume!

Senior Year

Inclusive Leadership and its Application to Leadership Outcome #75: Student will create a personal code of inclusive leadership

Mary Broe	
20 Black Alder Trail, Narragansett, RI 02875 • (240) 878-9396 mary_broe@my.uri.edu	
EDUCATION	
University of Rhode Island (URI), Kingston, RI	May 2012
Bachelor of Science in Nutrition and Dietetics	
Major: Dietetics	Minor: Leadership Studies
GPA: 3.54/4.0	
Professional Organization & Honors: Academy of Nutrition and Dietetics, National Society of Collegiate Scholars	
NUTRITION EXPERIENCE	
Nutrition Coach, Coordinator/Creator	
URI Recreational Services, Fitness & Wellness, Kingston, RI	June 2010-January 2012
<ul style="list-style-type: none"> Provided nutrition education to gym patrons regarding health, weight loss and weight gain Managed 5-6 interns per semester, created schedules and planned meetings Researched nutrition topics and designed handouts for educational and marketing purposes 	
Nutrition Educator	
URI SNAP-Ed, Providence, RI	June 2011-Present
<ul style="list-style-type: none"> Express nutrition concepts both orally and in writing Prepare and organize nutrition lesson plans Use interpersonal skills to teach diverse, low income populations key aspects of nutrition 	
Diet Office Volunteer	
Newton Wellesley Hospital, Newton, MA	August 2011-Present
<ul style="list-style-type: none"> Work with Dietitian to create the allergy compliance list for the hospital Interact with patients, take meal orders, record late tray food items, and enter diet orders into computer 	
ADDITIONAL EXPERIENCE	
Certified Spin Instructor	
Boston Sports Clubs, Providence, RI	January 2011-Present
<ul style="list-style-type: none"> Certified by Mad Dogg Athletics to instruct group exercise cycling classes Plan class structure and explain proper movement and form to ensure participant safety Maintain certification and take continuing education courses to keep knowledge up to date 	
President	
We're Offering Women Wisdom (WOWW), Kingston, RI	
September 2011-Present	
<ul style="list-style-type: none"> Organize and lead weekly meetings, plan events, fundraise and volunteer for philanthropic societies Communicate with the Executive Board and act as a mentor to all members Freshman mentoring group at URI: provides a social network and support group for all members 	
CERTIFICATIONS	
Certified Spinning Instructor Aerobic and Fitness Association of America	Certified Novice Trainer Certified Food Safety Manager



Mary Broe Personal Statement

West Virginia University Hospital Dietetic Internship

The snowy trek to West Virginia was well worth the trip to meet you and your current interns. It was clear that you have a great relationship with one another, and enjoy working together. As a perspective intern it was reassuring to see such a positive environment. I appreciate how thorough you were in explaining the program. I left our meeting with confidence that I would receive an extensive educational experience by joining your team at West Virginia University Hospital.

In junior high school I realized something had to change. Due to my love of food I was overweight. I decided to be more health conscious, and my tendency to overeat took a backseat to my new goal to live a healthy lifestyle. The subject of nutrition continued to intrigue me throughout high school. By the time I applied for college, I knew I was going to pursue a degree in Nutrition and Dietetics.

When I arrived at the University of Rhode Island (URI) I was uncomfortable speaking in front of large audiences. A fear like that had potential to ruin my plans to become a Registered Dietitian. However, I refused to allow that weakness to interfere with my goal. To overcome my fear, I declared a minor in Leadership Studies, through which I have learned to be an effective public speaker, team player and ethical leader. My first leadership class required biweekly presentations, a task that became less and less overwhelming with each presentation. I put the leadership tools to practice when I developed Nutrition Coaching for URI's Fitness and Wellness Program. Nutrition Coaching allowed Nutrition and Dietetic undergraduate students to teach basic nutrition to URI gym patrons. The program ran for three semesters and I managed six Nutrition and Dietetic students each semester. Creating and coordinating Nutrition Coaching enhanced my self-direction and my leadership skills.

The determination I had to overcome my weakness has turned into confidence in my leadership ability. The Robert L. Carothers Servant Leadership Award is offered to a URI student who embodies the characteristics of a servant leader which includes awareness, stewardship and commitment to the growth of people. I was nominated for this award because I am the president of a Freshman mentoring organization called We're Offering Women Wisdom (WOWW). As president I am a role model to the mentors, and create a non-judgmental community that encourages academic excellence. West Virginia University Hospital's mission to treat each patient as an individual is something I practice as president. If I am accepted as a Dietetic Intern I will uphold this effort with pride.

I work as a Community Nutrition Educator for URI's Supplemental Nutrition Assistance Program (SNAP-Ed). My job is to research nutrition topics and create curriculum with measurable outcomes. Teaching requires the ability to adapt concepts for specific populations. For example, I taught fifteen six-year olds the importance of breakfast. To reach them, I used an interactive teaching tool with pictures, and reinforced the concept with a breakfast scavenger hunt. Working for SNAP-Ed has placed me in an office full of nutrition professionals. One of my co-workers is a graduate student, and I am working as her research assistant for her thesis. The responsibilities are to take subject's anthropometric measurements and food recalls and to record data. SNAP-Ed has prepared me for your dietetic internship by placing me in a team environment and exposing me to diverse people and experience.

Every other Sunday I drive two hours to Newton-Wellesley Hospital in Massachusetts to volunteer in the Diet Office. I am grateful for this opportunity because it exposes me to the



Elderly Nutrition

Health begins to decline, goals with elderly are to maintain quality of life.

Depending on health habits disease diagnosis may occur

Common problems are osteoporosis, dysphasia, cancer, heart disease and more



Robert L. Carothers Servant Leadership

Acceptance Letter!

Life After URI



Leadership Theories

Outcome #26: Student will describe personal application of Servant Leadership theory

The University of Rhode Island
Robert L. Carothers Servant Leadership Award 2011/2012

Name: Mary F. Broe
Student ID number: 100312149
On campus address and/or off campus address: 20 Black Alder Trail, Narragansett, RI 02884
Cell Phone: 240-678-9366
Alternate phone number: N/A
Email: mary_broe@uri.edu
Your Major: Nutrition & Dietetics
Number of credits enrolled in this semester, your GPA (minimum 2.5 GPA required), 12 credits, 3.47 GPA
Name of organizations you belong to and number of semesters in each: We're Offering Women Wisdom (WOWW) - 8 semesters, National Society of Collegiate Scholars - 6 semesters, Nutrition Club - 4 semesters
Current class year: 2012
Name any positions you have held in each organization: President of WOWW
List all your community service activities: Vegan Monologues (part of a global movement to stop violence against women), volunteer at Newum Welleley Hospital, volunteer at Gloria Gennus events: breast cancer survivor fashion show, WaterFire & breast cancer walks, volunteer at beach clean-up days, work URI open house and welcome days for incoming freshmen, participate in relay for life

A.
1. How have you embodied the 10 characteristics of servant leadership? Specifically address each.

Healing
Early in my life, I realized that my future career had to be centered on helping people. I enjoy interacting with people, especially when I am able to have a positive effect on the way a person feels. I am very grateful for my education in Nutrition and Dietetics and the healing power of proper nutrition that I have been taught for the past four years.

Listening
Volunteering at Newum Welleley Hospital in Boston has given me the opportunity to practice my interpersonal skills in a hospital setting. When I work with the patients I use caution with my words and actions, and I try to brighten their day by being a friendly face and a warm conversation. I know that a positive mental attitude can have a tremendous effect on a person's healing process. I find it amazing that I can affect a person's mental state by my presence, caring and listening.

Empathy
At the hospital, I often work in the Diet Office and I work closely with the office workers and kitchen staff. Working with these people, as well as the various patients in the hospital has exposed me to diverse cultures, perspectives and situations. I adjust well to my surroundings and find a way to connect with each person I interact with. I think people feel comfortable around me because of the feeling of acceptance I convey.

Awareness
Last summer I took a course and got certified as a group exercise spin instructor. Since then I have grown immensely as a teacher and a leader. I teach for URI's Fitness and Wellness Program as well as for two other health centers. As I instruct my classes, I monitor the students, paying attention to their form, breathing and movements. This is important to insure the safety of my students. My students often comment that they feel they get a better workout when I teach because, with my guidance, they are more focused on their form and the result is a better, more efficient workout.



Congratulations on your appointment to the 2012-2013 Dietetic Internship Class at West Virginia University Hospitals, Inc.! The internship faculty is looking forward to meeting you in the fall.

This letter will serve to confirm your appointment to the internship.
Within one month after your degree is conferred, you should send me a copy of your official final transcript along with a Verification Statement indicating that you satisfactorily completed your Didactic Program in Dietetics.

The starting date for the internship will be September 10, 2012. At that time, the registration fee of \$4,500.00 will be due. If you have applied for Financial Aid and I receive verification that you qualify, I can accept your tuition once your first check arrives. (Contact information for financial aid: Jay Morris jmorris@wvuhealthcare.com, 304-598-4251) Also, health screening will take place during orientation, and you will be required to have verification of an MMR (Measles, Mumps and Rubella) and proof of chicken pox (statement from physician) or the Varivax vaccine. TB tests will be given during this screening.

I am sending a list of the members of your class on the next page, and have placed an asterisk by those who may be interested in a roommate. You may want to contact one of them to arrange sharing an apartment. Because Morgantown is a university town, there are many apartments that are available for renting. The following link may help in your search for housing: www.morgantownpage.com/rooms4u.html. If you have any questions about the location or contacts on any of these you can contact me.

If you would like any additional information, please contact me. I will be sending you a more detailed informational letter during the summer, most likely in July.

Please do not hesitate to call or e-mail me if you have questions about the internship or about Morgantown. The phone number is (304) 598-4105, and my e-mail address is johnston@wvuhealthcare.com. In addition, you are always welcome to come for a visit to tour the hospital before the start of the internship. I look forward to getting to know each of you!

Sincerely,
Jill Johnston, MS, RD, LD
Dietetic Internship Director



American Dietetic Association
National Nutrition Month® | March 2009