

## Interview #1: Nutritionist/Dietician Lorraine Redmond



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### Write Up

This interview gave me great insight; it helped me become clear that I want to pursue a career in nutrition or dietetics. Even though the person who I interviewed graduated over twenty years ago, it was nice to interview her because she has had some real life experience (beyond college). Through this interview I have learned about the schooling process it will take, a more extensive training to which a dietetics degree contributes, and it has opened my eyes to careers that I could pursue with a degree in nutrition.

The Working conditions were "excellent" (Redmond), staying in an office all day was not part of the job, in fact there was traveling and communing with an age group ranging from kids to adults. The working hours and environment was "flexible" (Redmond) which was great for Lorraine. Dietetics was great for her lifestyle without children and it was easy to adapt to her lifestyle with a husband and two children "because of the flexibility of hours and working from home" (Redmond).

As for training Lorraine got a bachelors degree in nutrition and food science from Florida State University; To take her training further she certified as a Lactation consultant which took 2000 supervised work hours with mothers and breastfeeding babies, and passing the lactation consultant exam, which takes "extensive training and lots of hours (over 2000 clinical), based on having an undergraduate degree" (Redmond).