

## Mary Ann and Jack Mihok Scholarship Application Spring 2019

**Background:** Mary Ann Mihok retired as an associate professor of dietetics in 2004 after 23 years of dedicated and faithful teaching at Messiah College. During her tenure at Messiah College, she served as the director of the College's Academy of Nutrition and Dietetics -accredited dietetics program. She also served in various leadership positions, including the dietetic educator representative to the Pennsylvania Breastfeeding Coalition. The Mary Ann and Jack Mihok Scholarship supports a Messiah College Nutrition and Dietetics student who is in her/his last year of undergraduate nutrition and dietetics coursework and is planning to pursue the Registered Dietitian/Nutritionist credential after graduation. Students apply for this scholarship the spring semester prior to the year in which the scholarship will be applied. The award is based on academic ability, evidence of a strong work and volunteer ethic, and financial need. A scholarship of \$3,000 will be awarded in spring 2019 to be applied to tuition during the 2019-20 academic year.

### **Eligibility criteria:**

- Full time student status during the student's last year of undergraduate coursework (the year in which the scholarship will be applied).
- The student plans to pursue the Registered Dietitian/Nutritionist credential after graduation.
- A cumulative GPA of at least 3.6 at the time of application.
- Preference will be given to students with demonstrated financial need.

### **To apply please submit the following information to the Dean of Science, Engineering, and Health by March 15, 2019.**

1. Completed application form.
2. Copy of your most recent Messiah College transcript and copies of transcripts from other colleges attended. (Original transcripts preferred.)
3. An essay that describes your professional goals and discusses how your work and volunteer experiences have helped to prepare you for your career. Preference will be given to applicants whose essays show evidence of commitment to community service. (Maximum 1,000 words)
4. A letter of recommendation. The recommender should be a professional in the health care field who has been a supervisor in a practicum, internship, or paid position which in some way relates to the Nutrition and Dietetics profession; or a professor (other than Dr. Porto or Dr. Witt). The letter of recommendation should address how long the writer has known and worked with the student and in what capacity. The student's potential for success in the Nutrition and Dietetics field should be discussed and documented. If the letter is included in the application packet, it should be in a sealed envelope with the writer's signature across the back flap. If the recommender chooses to do so, he or she may mail the letter directly to:

Mihok Selection Committee  
School of Science, Engineering and Health  
Messiah College, Suite 3030  
One College Ave.  
Mechanicsburg, PA 17055

## Application for the Mary Ann and Jack Mihok Scholarship

### PERSONAL INFORMATION

Name \_\_\_\_\_ Email Address \_\_\_\_\_

Campus Address \_\_\_\_\_

Home Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

### EDUCATION HISTORY

#### A. OTHER COLLEGES ATTENDED

College Name	Dates of Attendance	Major	Credits Earned	GPA

#### B. MESSIAH COLLEGE

Dates of Attendance	Major	Credits Earned	Most Recent GPA	GPA in Major

C. Calculate your current overall GPA based on credits from all colleges attended \_\_\_\_\_.  
 To do this multiply your GPA from each institution times the number of credits earned at each institution. Add all of these together and divide the sum by the total number of credits you have completed.

## EXPERIENCE

Attach one or more pages with information on your employment, volunteer activities and extracurricular activities while in college using the following outlines. For each category please order the job and activity descriptions from the most to the least recent.

- A. Employment. For each position, list:
1. Employer's name and address
  2. Your position title
  3. Your key responsibilities
  4. Start date and end date (month/year)
  5. Total number of weeks employed
  6. Hours per week
- B. Volunteer Activities. For each activity, list:
1. Name of organization
  2. Your position title
  3. Your key responsibilities
  4. Start date and end date (month/year)
  5. Total number of weeks spent
  6. Hours per week
- C. Extracurricular Activities. For each activity, list:
1. Sport or activity name and location (e.g., Messiah College)
  2. Description of involvement including total time/ hours of involvement
  3. Start date (year)
  4. End date or notation that activity is ongoing

## VERIFICATION OF INTENT TO PURSUE DIETETIC REGISTRATION

Please sign below to verify that you intend to pursue the Registered Dietitian Nutritionist (RDN) credential following graduation from Messiah College.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_