

Kathleen Law, MS, RDN, CPT

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I am a registered dietitian nutritionist on a mission to help people feel their best holistically, through nutrition, fitness & mindfulness. I wish to pursue a career where I may help people achieve better health outcomes, whether I am working in a clinical setting, the community, or another amazing area for dietitians to shine!

DIETETIC INTERNSHIP ROTATIONS

Clinical Nutrition Rotations, Atlantic Health Systems & AHS Partner 2023-2024

- Inpatient Clinical Rotations, Overlook Medical Center, Summit, NJ
 - Nine weeks rotating through med-surg, nutrition support, and entry-level clinical roles
 - Used the Nutrition Care Process (NCP) to assess, diagnose, intervene, monitor, and evaluate a variety of patients, including GI, post-op, ICU, neuro-ICU, CCU, and cancer patients
 - Provided medical nutrition therapy (MNT) to patients, including prescribing therapeutic diets, and documenting nutrition care plans in the electronic medical record (Epic)
- Outpatient Clinical Rotation, Novo Nordisk Diabetes Center, CentraState Healthcare System, Freehold, NJ
 - One week contributing to sessions with patients with type I, type II, gestational, and pre-diabetes
- Outpatient Clinical Rotation, Atlantic Health Children's Specialty Center, Morristown, NJ
 - One week working with children with T1DM, cystic fibrosis, or in a weight loss program

Community Rotations 2023- 2024

- Cooperative Extension of Monmouth County, Freehold, NJ
 - Two weeks developing nutrition education materials to be presented virtually, in person & in print
- Keyport Senior Center, Keyport, NJ
 - 80+ hours creating and presenting a series on chronic diseases and nutrition

Entrepreneurial Nutrition Concentration Rotations 2023 – 2024

- Elective Rotation at HealthBarn USA, Ridgewood, NJ
 - Two weeks participating in nutrition education for children and adolescents, in the classroom, the kitchen, and the garden
- Nutrition Education & Counseling, Drew University
 - Five weeks (part-time) partnering with the Drew dietitian to counsel students of all ages with various nutrition concerns, including disordered eating and sports nutrition
- Nutrition Education & Counseling, Atlantic Health Systems (AHS)
 - Five weeks (part-time) counseling AHS employees independently
- Retail Dietetics, Weis Supermarkets, virtual & Hillsborough, NJ
 - Two weeks completing numerous projects, including a presentation on artificial sweeteners for customers of the supermarket

Departmental Management Rotation 2023

- Community Medical Center, Toms River, NJ
 - Five weeks collaborating with members of the Nutrition & Food Services department on several projects, including planning a well-received Hispanic Heritage Month opening ceremony & inspired lunch which resulted in the greatest profit for an intern's theme meal in at least 20 years

EDUCATION

Saint Elizabeth University, Morristown, NJ 2022 – May 2024
Combined Master of Science in Nutritional Sciences and Dietetic Internship Program

Rutgers University, School of Environmental and Biological Sciences, New Brunswick, NJ 2019 - 2022
Bachelor of Science in Nutritional Sciences – Dietetics Option

Ocean County College, Toms River, NJ 2013 - 2018
Associate of Science, Jan 2019

EXPERIENCE

Mae J. Strong Child Development Center, New Brunswick, NJ June 2022 – August 2022
Nutrition Educator – Fresh, Wholesome Start Program

- Designed and implemented nutrition education lessons for children ages 2.5 through 4.5
- Created handouts, arts & crafts projects, and educational games

Rutgers University, New Brunswick, NJ August 2021 – June 2022
Program Assistant – New Brunswick Community Farmers Market Education Program

- Developed and improved lesson plans and social media posts based on building healthy habits around nutrition and physical activity, to be presented in-person at the farmers market, as well as available online and for distribution to programs throughout the country

Rutgers, Health Outreach, Promotion, & Education, New Brunswick, NJ January 2021 – May 2022
Peer Educator – Nutrition Advocate

- Trained by a registered dietitian to present lessons focused on nutrition, physical activity, and sleep best practices for college students
- Led 2-5 presentations per semester to increase student awareness and knowledge of nutrition and wellness
- Developed and filmed two live cooking demonstrations, “Dorm-friendly Cooking the Basics – Plant-based Edition,” which were live and saved on the Rutgers Student Health Instagram page (@RUStudentHealth) and showcased step-by-step plant-based meals or snacks – links in my e-portfolio

Sumitomo Mitsui Trust Bank, Global January 2021
Speaker - Snacks & the Keys to Snack-cess webinar

- Created a slide presentation, recipes, and take-home material centered around healthful snacks
- Conducted a virtual nutrition workshop to present healthful snack materials to bank employees

Ocean County College, Toms River, NJ September 2017 – December 2017
Microbiology Lab Assistant

- Managed set up and break down of labs, including creating media, tracking supplies, cleaning and sanitizing tools and equipment

Vitamin Shoppe, multiple locations in New York & New Jersey June 2016 – December 2020
Assistant Manager, Health Enthusiast

- Worked daily with customers to help them create a more healthful lifestyle, including mindful nutrition, fitness, and stress management
- Performed daily managerial tasks, including goal tracking, banking, and corporate correspondence
- Mentored, trained, supervised, and delegated tasks to health enthusiasts
- Developed recipes and in-store marketing to showcase products

Befittwell, Global September 2015 – Present
Creator & Owner

- Continuously building a personal brand around nutrition, fitness, and mindfulness, for overall holistic wellness, including creating social media & blog posts and developing recipes

VOLUNTEER EXPERIENCE

Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics December 2023 - Present
VN DPG Student Member Coordinator - Volunteer

- Working as part of the Leadership Team to create interest, engagement, and increase membership
- Planning and hosting multiple student-only events, including the VN Topics for Students Webinar Series
- Leading biannual journal club sessions open to all VN members

Keyport Senior Center, Keyport, NJ September 2022 - Present
Nutrition Educator - Volunteer

- Creating evidence-based, age-appropriate educational presentations, handouts, and recipes
- Led multiple educational presentations for members of the senior center; more to come
- Hosted three live cooking demos in the kitchen at the center, providing plant-based smoothies, oatmeal raisin cookies, lentil & barley stew (Portfolio Diet), and diabetes plate method bowl samples to attendees

Rutgers University, New Brunswick, NJ

October 2021 – May 2022

Co-Chair for the Research Committee of Kappa Omicron Nu Honors Society - Volunteer

- Collaborated to write an original manuscript for submission to a peer-reviewed journal on the topic of affordability and accessibility of healthier options at New Brunswick corner stores vs. local supermarkets

Lead Sports Nutrition Volunteer

November 2019 – December 2020

- Assisted the sports dietitians in supporting the Rutgers Division I athletes, such as organizing team meals
- Partnered with volunteers to complete daily tasks, including recharging fueling stations
- Represented the Sports Nutrition Department at tabling events on campus

Stress Free Body, Keyport, NJ

March 2019

Speaker - Volunteer

- Created a lesson plan with take-home slides, *Nutrition 101*
- Hosted a live nutrition workshop: “Living a Healthy Lifestyle vs. Fad Diets & Unattainable Expectations”

Ocean County College, Toms River, NJ

January 2018 – April 2019

President, Secretary, Volunteer – Holistic Health & Wellness Club - Volunteer

- Spearheaded bi-weekly meetings and planned tabling events; represented the club at tabling events
- Collaborated with peers to plan wellness events, including a table at the Holistic Health & Wellness Day
- Taught students about nutrition while preparing fruit and vegetable smoothies and juices at Holistic Day

HONORS & AWARDS

- High Academic Honors, Saint Elizabeth University, 2022 – 2024
- Academy of Nutrition and Dietetics Outstanding Dietetic Student Award 2024, NJAND, April 2024
- Summa Cum Laude, Rutgers University, 2019 – 2022
- Ann S. McChesney Nutritional Sciences Excellence in Education Award, Rutgers University, May 2022
- Kappa Omicron Nu 2022 Scholarship Award, Rutgers University, May 2022
- Kappa Omicron Nu Human Science Honor Society, Rutgers University, October 2021 – Present, Alumna
- Honors by Contract Scholarship, Ocean County College, 2019
- Summa Cum Laude, Ocean County College, 2013 – 2018
- Honors by Contract, Ocean County College, January 2017 – December 2018
- Phi Theta Kappa International Honor Society, Ocean County College, April 2016 – Present, Alumna

PROFESSIONAL ORGANIZATIONS

- Member, Academy of Nutrition and Dietetics, VN DPG, 2019 – Present
- Member, New Jersey Academy of Nutrition and Dietetics, 2019 – Present

CERTIFICATIONS

- Registered Dietitian Nutritionist, CDR #86172302, 2024
- ServSafe Manager Certification, 2022
- NASPA Certified Peer Educator, 2021
- American Red Cross, First Aid Certified August, 2021 – Present
- American Red Cross, CPR & AED Certified, 2019 – Present
- NASM (National Academy of Sports Medicine), Certified Personal Trainer, 2019 – Present
- eCornell & T. Colin Campbell Center for Nutrition Studies, Plant-Based Nutrition Certificate, 2017
- Ocean County College, Nutrition Certificate, 2017
- Ocean County College, Personal Training Certificate, 2017

PUBLICATIONS

- Law K, Vazquez B, Buison A. Limited evidence supports that L-theanine may improve cognitive performance in healthy adults. Accepted for the NJAND Conference April 2024. (Abstract).
- Law K, Tansey R. Fascinating ferments. *Visions* Newsletter, Family & Community Health Sciences, Rutgers Cooperative Extension. 2024; 26(1); 5,8.