

Dear Winter 2025 Student,

Welcome to Topics in Nutrition! First and foremost, this will be an intensive, stimulating and compelling experience. Our units will be filled with discussions related to current nutrition topics, as well as projects and case studies to help you apply the material to real situations. I make every attempt to keep the topics informative and relate them to daily life. The lesson modules in Brightspace will help to guide you through the assignments for each unit.

To help you use your time wisely, here are a few of recommendations:

- ❑ Begin reading all materials right away – especially the syllabus. An outline of each unit - reading assignments, resources, and assignments/discussion are posted in the “lessons” section of the course.
- ❑ The **Content** section in Brightspace contains resources needed to start your research for your assignments. All assignments with due dates are listed in the **Assignments** section of Brightspace.
- ❑ The discussions will assume that you are prepared and conduct research. We will be moving quickly so don't wait until the last minute to start your assignments.
- ❑ Log in on a daily basis and keep up with the discussions and assignments. Check regularly for announcements and reminders. Check the calendar to help with deadlines (please note the deadlines are 11:55 PM if you are using the daily view it may not show up because you will need to scroll down).

This is a fast paced course and if you do not stay engaged, you will not be successful. If you do your work, I will assure that you will learn something useful in your everyday life.

We will not be using a textbook this session, but will use reference materials and online resources.

The course will utilize presentations, online articles and other online videos and resources. Please contact me if you have difficulty locating resources at any point. I will post announcements regularly to remind you of what is coming due. Check the “Assignments” section of Brightspace for exact assignment due dates and descriptions.

Please reach out to me via Brightspace messages or email with questions that are not urgent. I have also included my cell phone number on the syllabus. It is to be used to clarify time sensitive issues and questions, and with discretion. You may text me as well at any time. I am typically online for several hours in the evenings after 7 pm. The option of a google chat is also available to those of you online in the evenings by appointment.

Please don't hesitate to contact me. I am here to guide you during this class even though it is asynchronous. I look forward to a wonderful learning experience with all of you. If you keep up with your work, I am sure you will come away from the course with a great deal of information that is useful in life. Good luck to you all and we will be chatting online soon.

Regards,
Professor Cauthers