

I want to welcome you to Topics in Nutrition! My name is Jennifer Cauthers. I have been teaching this course since Marist first launched online classes. I am also a high school anatomy and biology teacher with a BS from Cornell.

Our summer nutrition class 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 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 the course materials right away – especially the syllabus. There is a syllabus scavenger hunt due day 2 as well as your nutrition goal. Read the notes posted in the content tab for each week.
- The assignments will assume that you are prepared and conduct research. Given the reliance on internet access, do not wait until the last minute to start your assignments just in case you run into access issues.
- Log in on a daily basis and keep up with the discussions and assignments. The calendar can help with deadlines (please note the deadlines are 11:55 PM EST 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 quickly fall behind. However, the content is not difficult to understand and relates to daily life.

The course will utilize slide presentations, online articles and other online videos and resources. Please contact me if you have difficulty accessing resources at any point. I will post announcements regularly to remind you of what is coming due. Each unit has a checklist of items to turn in in the lessons section that summarizes the assignments for each unit. Check the “Assignments” section for exact assignment due dates and descriptions.

My phone number is on the syllabus if you have an urgent question. You may text or call me with questions if I do not return an email quickly enough. Since this is an asynchronous course and we don’t meet face-to-face I feel it is important for you to have a quick way to get in touch with me. I am typically online for several hours in the evenings. You can schedule meetings as needed to clarify more detailed questions or concerns.

Please don’t hesitate to contact me with questions. I am here to answer them and assist you. 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 I will be chatting online soon.

Enjoy!

Jennifer Cauthers

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