

Dear Summer 2026 Student,

I want to welcome you 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 nutritional 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 intro materials – especially the syllabus under the Intro Tasks. The course materials are found under the **Content** 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 assignment.
- 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).
- We will start the course off with setting a nutrition goal for yourself to work on throughout the course. It will require you to find something that you want to improve about your overall nutrition. It can include goals such as adding more fruits and veggies, swapping out unhealthy snacks, limiting processed foods, cooking healthy meals instead of takeout, etc.

This is a fast paced course and if you do not stay engaged, you will not be successful.

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. Check the "Assignments" section of Brightspace 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 email is not quick enough. Otherwise, I will respond to your email within 24 hours. 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 after 7 pm and can schedule meetings as needed to clarify detailed questions or concerns. I am also available for a video conference call if it is easier for you.

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.

Regards,  
Jennifer Cauthers