Dear online NUTRTN 21 (formerly known as FCS 21) Spring 2018 Nutrition students (section 25592):

Here is some information to assist you in getting your required materials and starting the class right. Please notice that NUTRTN21, online Nutrition is arranged from Feb 05 through June 04, 2018. This class is 100% online and will last 16 weeks. Access in Canvas will open Feb 2 at 6 AM; if you have not used Canvas before, please make sure to watch the tutorial at http://lamc-ddl.pbworks.com/w/page/107595354/Canvas%20Info. In addition to those of you who may take this class as a pre-requisite for advanced studies in the healthcare field (e.g., medicine, nursing, NP, PA, PharmD, PsychD, etc.) or as GE transfer requirement to 4-year universities, we also might have some students among you who registered for this class out of personal interest. In order to give you an idea, what we will be covering this semester, please follow the link to an online preview of our required textbook and review it: https://books.google.com/books?id=N4WpDAAAQBAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false Should you discover that the book content is too detailed or technical for you (please be advised that we have weekly chapter quizzes, graded discussions as well as monthly writing assignments) and if you decide to drop this class, please be so kind and do so before Feb 3, 2018 so that others who might need this class can register before the online closing date. However, as mentioned on my LAMC website (http://www.lamission.edu/~kelleyc), I will accept at least the first 15 students on the waitlist (possibly more).

Required Textbook: (a) NUTR², McGuire & Beerman, 2nd ed. as well as (b) the Diet & Wellness PLUS Analysis Program Access Code. Allow me to clarify: you will need 2 items for this course: the NUTR2 textbook AND the Diet & Wellness PLUS Analysis program. This bundle is available at the Los Angeles Mission College bookstore with ISBN: 1-337-37290-0. You can go in person or order online from http://eagleslanding.lamission.edu/site_about_us.asp?. Please purchase your book and the Diet & Wellness PLUS Analysis Program Access Code ASAP to ensure that it is available to you when our class starts on August 28, 2017. Alternatively, you can use this link to purchase the course text book with diet analysis program bundle at Cengage (which should give you immediate online access to the online version of our textbook plus additional resources, such as videos, flash cards, sample quizzes, etc.: http://services.cengagebrain.com/course/course.html?id=2456839 (the 3rd item on the list is our required bundle @ $81.95).

If you buy your book from other sources, please do it now; you will then have to purchase your Diet & Wellness PLUS Analysis Program Access Code separately at Cengagebrain.com. Please don't wait for a book to be shipped in the 1st week of our semester since you have the first chapter exam due by Sunday 02/11/2018. Also, please do not use other editions of this book since chapter exams are set with data from this edition. If you can’t afford the textbook, be advised that a copy of our book is in the LAMC Library Reserve too, and copies of a Diet PLUS Analysis Program are available at the LAMC library Learning Resource Center for you to use.

Success for Spring 2018: This class will move very fast, so it is recommended that you access the Canvas website early (before 2/5/2018) and think about reading some chapters before the session even starts. You will be completing 1 chapter exam every week that is timed. This online class is 100% reading the textbook, ppts, completing 15 chapter exams, plus a comprehensive final, as well as written discussions and assignments. I am hoping to have our site available for viewing, orientation, and ppt download, etc. on February 1, 2018. In the meantime, please (re-) familiarize yourself with APA citation format, and our LAMC online library databases (see page 2 for helpful links). It would also be advantageous if you completed the Recognizing and Avoiding Plagiarism Certificate", available at https://www.indiana.edu/~academy/firstPrinciples/index.html. This will earn you 10 bonus points.

Class website on CANVAS opens on Friday, 2/2/18 at 6AM New to Canvas- watch 7 min video- Canvas Overview (Student) https://ilearn.laccd.edu/login/canvas For technical issues, please contact the Help Desk @ (818) 833-3356 or ilearn@lamission.edu

Please understand: students must have logged onto our class website between 2/2 and 2/9/2017 to take the syllabus quiz and write an introduction statement before Thursday night 11.55 PM, or may be dropped to accommodate students on the waitlist. Since we have a large number of students enrolled for this semester's class, you may have to 'sign-up for a discussion group' when you first log into our course; please find the according guidance in the 'Welcome Email' and Canvas Introductory Announcement.

I am looking forward to seeing you then, and Good luck for your Winter 2018 finals!

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General Resources for LAMC online NUTRTN 021

Online Learning
- Please visit the following page: [http://www.ion.uillinois.edu/resources/tutorials/pedagogy/StudentProfile.asp](http://www.ion.uillinois.edu/resources/tutorials/pedagogy/StudentProfile.asp) (Links to an external site.)

What is your Learning Style?
- Complete the Learning Style Survey from Harper College to inform you of your learning strengths and how you might use specific techniques to study more effectively. [http://www.harperdoit.net/dlo/DLOwebsite/learnstyle.htm](http://www.harperdoit.net/dlo/DLOwebsite/learnstyle.htm) (Links to an external site.)
  1. What is your predominant learning style?
  2. How does that style fit with online learning?
  3. What will you need to do to accommodate your learning style within an online learning environment? In other words how would you adapt?

Avoiding Plagiarism
- Please watch the following: [https://www.youtube.com/watch?v=G7gaRtYl9Kg](https://www.youtube.com/watch?v=G7gaRtYl9Kg) (Links to an external site.)

APA formatting
- For APA formatting guidelines, please refer to [https://owl.english.purdue.edu/owl/resource/560/02/](https://owl.english.purdue.edu/owl/resource/560/02/) (Links to an external site.) and [https://owl.english.purdue.edu/owl/resource/560/07/](https://owl.english.purdue.edu/owl/resource/560/07/) (Links to an external site.) as well as [https://owl.english.purdue.edu/owl/resource/560/08/](https://owl.english.purdue.edu/owl/resource/560/08/) (Links to an external site.)
- Please watch the following:
  - [https://www.youtube.com/watch?v=uVlsbN99LlQ](https://www.youtube.com/watch?v=uVlsbN99LlQ) (Links to an external site.)
  - [https://www.youtube.com/watch?v=qzKlb7E7ERc](https://www.youtube.com/watch?v=qzKlb7E7ERc) (Links to an external site.)
  - [https://www.youtube.com/watch?v=gQp8sPfu1D4](https://www.youtube.com/watch?v=gQp8sPfu1D4) (Links to an external site.)
  - [https://www.youtube.com/watch?v=mcervvkF-NY](https://www.youtube.com/watch?v=mcervvkF-NY) (Links to an external site.)

LAMC Library Research
- Please visit [http://libguides.lamission.edu/Database-Workshop](http://libguides.lamission.edu/Database-Workshop) (Links to an external site.), and [https://www.lamission.edu/library/databaselist.aspx](https://www.lamission.edu/library/databaselist.aspx) (Links to an external site.)
  - Please make sure that you know how to find and search the "MEDLINE" database, which is similar to PubMed (my favorite).

- Please watch [https://www.youtube.com/watch?v=MMaPxeMMRI0](https://www.youtube.com/watch?v=MMaPxeMMRI0) (Links to an external site.)

What is Critical Thinking?
- [https://www.youtube.com/watch?v=J0yEAE5owWw](https://www.youtube.com/watch?v=J0yEAE5owWw) (Links to an external site.)