Dear NUTR 021 Winter 2018 online Nutrition students (section 14349):

Here is some information to assist you in getting your textbook and starting the class right. Please notice that NUTR 021, online Nutrition starts on January 1 through Feb. 4, 2018. This class is 100% online and will last 5 weeks. Access on Canvas (http://lamc-ddl.pbworks.com/w/page/107595354/Canvas%20Info) will open Jan. 1 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 students who may take this class as a pre-requisite for advanced studies in the health care field or as a GE transfer requirement to 4-year universities, we also might have some students 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=N4WpDAAQBAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false

Required Textbook & DWP: (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 officially starts on Jan 1, 2018. 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 text book plus additional resources, such as videos, flash cards, sample quizzes, etc.: https://www.cengagebrain.com/shop/ProductDisplay?catalogId=10057&productId=4864268&langId=-1&krypto=%2Bh3uy1%2BCabA6SHzZ3riUlXWyxXHHT7Ga9P8vMrkxJdmWXKzrlly6A%2BvGedhr3PO6rGUCGZ7z2NL2vC2mpUCJuk5SkoOcPvV70ydygexCymykpsSfC6D7yBdubFTx07vlnPU13W3g2Hzup7w61cgo8BY1%28mAHpWTv4d2ore6LtLOQYGdc%2F5s5DqEuUTb2Q0bM5dEOD3DHEHLMyP20craEZCtYwem%3D)

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 first week of our semester because the first chapter exam is due by Wednesday 01/03/18. Also, please do not use other editions of this book since chapter exams are set with data from this 2nd edition. If you can't afford the textbook, please be advised that a copy of our book is in LAMC Library Reserve too, and copies of a Diet PLUS Analysis Program are available in the library Learning Center for you to use.

Success for Winter 2018: As with other short-term courses, this class will move very very fast, so it is recommended that you access the Canvas website early (before 01/01/2018) and think about reading some chapters before the week starts. You will be completing 1 chapter exam every 2 days that is timed. This online class is 100% reading the textbook, ppts, completing 15 chapter exams, plus a comprehensive final, as well as discussion and writing assignments. I am hoping to have our site available for viewing, orientation, and ppt download, etc. on December 28, 2017. 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 complete the “Recognizing and Avoiding Plagiarism Certificate”, available at https://www.indiana.edu/~academy/firstPrinciples/index.html. This will earn you 10 bonus points.

Please be advised that a 5-week online class is not recommended for students who work full time or who are taking other classes. Any illness or scheduling problems can cause you to fail behind. If you are traveling, then complete assignments early.

Class website on CANVAS opens on Monday, 1/1/18 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 at ilearn@lamission.edu

Please understand: students must have logged onto website between 1/1 and 1/3/2017 before 11.59 PM or may be dropped to accommodate students on waiting list.

I am looking forward to seeing you then.

Good luck for your Fall 2017 finals, and Happy Holidays!

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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=G7gaRtYl9Kq](https://www.youtube.com/watch?v=G7gaRtYl9Kq) (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=uVlsbN99LIQ](https://www.youtube.com/watch?v=uVlsbN99LIQ) (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=mcervwkF-NY](https://www.youtube.com/watch?v=mcervwkF-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" and "CINAHL Plus" databases, which are 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.)