

Nutrition 100 Spring 2018
Careers in Nutrition and Foods
CRN 24086
Rita Higgins, MPH, RDN



Class Meeting Times and Location
Tuesday 10:45am-12:45pm Room 1017

Welcome to Careers in Nutrition and Foods! I am excited to join you on your journey of career exploration. This semester, you will identify your skills and strengths, explore your career and life goals, create a resume and cover letter, and search for jobs of interest. You will also learn about the pathway to becoming a nutrition and foods professional while exploring the multitude of job options in the field.

How To Get In Touch With Me

RHiggins@fullcoll.edu (714) 350-1626

The best way to contact me is via email. Please note your class day/time in the subject of the email. I will return all emails within 24 hours during weekdays.

Office Hours and Room:

Room 1250-02

Tuesday 8:30am-10:30am

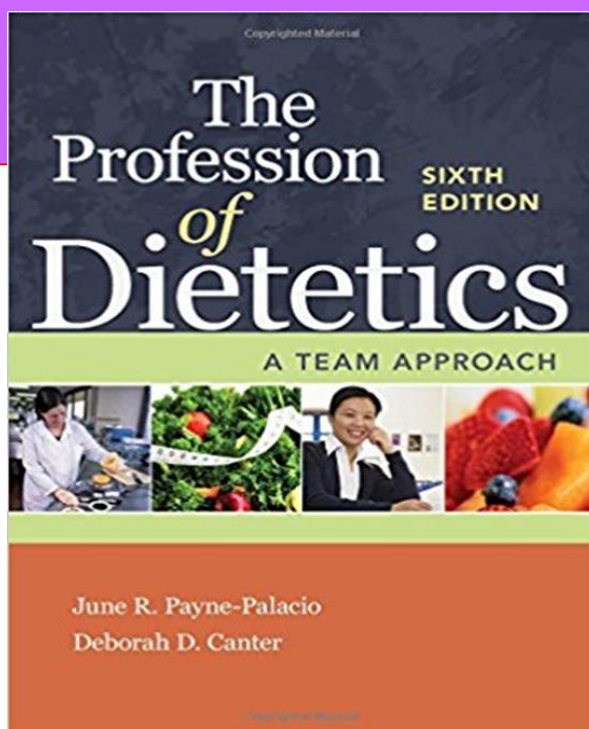
Thursday: 8:30am-11am

Friday 11:45am-12:45pm

REQUIRED COURSE MATERIALS

Text: Payne-Palacio/Canter, The Profession of Dietetics; a team approach, 6th edition

This text is available at our campus bookstore or can be purchased or rented online.



Student Learning Outcomes (SLOs)

By the end of the course you will be able to..

1. Identify employment opportunities in nutrition and foods.
2. Assemble a portfolio that features nutrition philosophy and goals.
3. Explain the pros and cons of dietetic internship programs.

What else will I be able to do when I complete this course?

4. Examine career options in nutrition and foods including dietetics, culinary arts, hospitality, and food science.
5. Design resumes targeted toward nutrition and foods related skills and experience.
6. Create career portfolios that focus on nutrition and foods philosophy and goals.
7. Evaluate various transfer university programs that best meet career goals.
8. Compare dietetic internship program and evaluate which one would best meet career goals.
9. Inventory personal strengths and areas of growth that lead to a successful career in nutrition and foods.
10. Compare various career opportunities in nutrition and foods relative to future employment trends and projections.

What Will My Grade Be Based On?

Assignments: 70% of Overall Grade

- Career Center Activity
- Identifying Your Goals Essay
- Academic /Educational Plan
- ASCEND Program Comparison
- Professional Interview and Thank You
- Resume and Cover Letter
- Jobs Project and Team Presentation
- Personal Portfolio (all above materials compiled for portfolio)

Grading System

90-100%	A
80-89%	B
70-79%	C
60-69%	D
< 60%	F

Specific assignment instructions will be discussed in class and are posted in Canvas. Points values will vary by assignment. Assignments must be typed and submitted into Canvas by 11:59pm on due date.

Quizzes: 15% of Overall Grades

Quizzes are based on readings and lecture/discussion. You will take quizzes in Canvas and they are due by 11:59pm on the due date per the course schedule.

Guest Speaker Summaries / In-Class Activities: 15% of Overall Grade

You must be present in class to earn credit for the guest speaker summaries and in-class activities. These will be submitted in class and will be used for in-class discussions.

Late assignments and quizzes will not be accepted.



Here are some answers to your burning questions...

Do I need to show up?

Yes! Attending class is essential to the learning process. If you miss class, you will also miss the opportunity to earn credit for In-Class activities and Guest Speaker Summaries. According to the FC policy, students may be dropped for the accumulation of more than a week's absences consecutive or non-consecutive (per the college catalog). That being said, I expect you to drop yourself if you do not plan to complete the course. If you miss more than four (4) class meetings, I may drop you from the course because I assume that you would not like to complete the course. If you miss more than two consecutive class sessions, please be sure to contact me as soon as possible.

Can I turn in assignments or quizzes late?

No. I do not accept late assignments or quizzes. You have the flexibility of submitted the assignments and quizzes early into Canvas, so I will not accept these after the due dates. If you experience an extenuating circumstance such as a death in the family or a personal illness, please contact me right away so we can make arrangements for make-up work. I will ask you to provide physical proof of your circumstance.

What if you are late?

If due to an unforeseen emergency, I do not arrive at the scheduled start time for class, you should stay in class for fifteen minutes unless otherwise notified by the division. Also, please check your email to see if I sent a message through Blackboard.

Should I save my returned work?

Yes! Please save all your returned work. In the event of a grade discrepancy or a grade is not recorded, returned assignments are proof of grades earned. If you are absent the day an assignment is returned, please check with me during the next class period so I can return your work.

How do you feel about cell phones/tablets and lap tops in class?

I welcome cell phone/tablet and laptop use for class purposes. We will often use technology during class to look up content related information. However... please remember to be respectful to the learning process and refrain from texting and using social media during class. If you are not using technology respectfully, you may be asked to put away your device or to leave class.

Will I feel included in the course?

Yes! During the course of the semester, we may be discussing controversial topics. You should be respectful of each other's opinion and allow each other the freedom to express themselves without judgment or criticism. Students have the right to disagree, however, argumentative communication should be avoided.

Please refrain from the use of profanity, ridiculing, and/or discriminatory comments. Disruptive behavior that interferes with instruction will result in a verbal warning and repetition of the behavior may result in dismissal from class and counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

If you have an accommodation for a disability, please come speak with me early in the semester so we can make arrangements to support your success in the course. For more information on programs for students with disabilities, please contact the **Disability Support Services office in rom B42 at 714-992-7099** .

What about academic honesty?

You are responsible for upholding academic honesty and for not violating the College cheating and plagiarism policies as stated in the Fullerton College catalog. Copying work from another student is plagiarism. If plagiarism is apparent, both parties will receive a "0" on the assignment.

Class Schedule *

*Schedule may change, as needed

Week / Date	Topic	Readings
Week 1 1/30	Introductions and Course Overview The Profession is Born	Review Syllabus Chapter 1
Week 2 2/6	The Dietetics Profession Exploring Career Interests Career Center Visit	Chapter 2
Week 3 2/13	Career Center Activity Due into Canvas by 11:59pm Forming an Academic Plan Guest Speaker: FC Counseling	Chapter 2
Week 4 2/20	Quiz #1 on Chapters 1 and 2 Due by 11:59pm Joining Together: A Team Approach <i>Brainstorm for Identifying Goals Essay</i>	Chapter 3
Week 5 2/27	ASCEND Assignment Due into Canvas by 11:59pm Dietetics Education and Training Guest Speaker : Candace Gonzalez, Graduate Dietetics Student	Chapters 5 / 6
Week 6 3/6	Quiz #2 on Chapter 5 and 6 Due by 11:59pm Credentialing Guest Speaker: TBD	Chapter 7
Week 7 3/13	Identifying Your Goals Essay Due into Canvas by 11:59pm Professional Organizations Guest Speaker: Emily Phillips from CAND – OD	Chapter 8
Week 8 3/20	Culinary Arts Field Trip to Culinary Arts Dept. at District Office	
3/27	NO CLASS ENJOY SPRING RECESS!!!	
Week 9 4/3	Quiz #3 on chapters 7 and 8 Due by 11:59pm Creating a Career Portfolio	
Week 10 4/10	Academic / Educational Plan Due into Canvas by 11:59pm Guest Speaker: Serey Phan, Public Health Nutrition/WIC	
Week 11 4/17	Quiz #4 on Chapter 9 Due by 11:59pm Guest Speaker: Cynthia Locke, Food Science Graduate Student	
Week 12 4/24	Interview a Professional Assignment Due into Canvas by 11:59pm Trends, Predictions, and Your Future Guest Speaker: TBD	Chapter 9
Week 13 5/1	Developing Your Resume and Cover Letter Speaker: Courtney Jane, Business Professor Fullerton College	Chapter 4
Week 14 5/8	Resume and Cover Letter Due into Canvas by 11:59pm Interview Skills and Practice Activity Guest Speaker: TBD	
Week 15 5/15	Part 1 of Jobs Project Due into Canvas by 11:59pm From Student to Professional Work on Group Presentations	Chapter 10
Week 16 5/22	Jobs Group Presentations Personal Portfolio Due into Canvas	

Fullerton College Campus Resources

We have multiple resources available on campus to support students in a variety of ways. I have listed several below.

Name of Center	Location	Phone Number	Website (No "www")	Types of Services
Writing Center	808	714-992-7153	Writingcenter.fullcoll.edu	Assists with essays at any stage from brainstorming to final draft.
Tutoring Center	806	714-992-7151	Tutoringcenter.fullcoll.edu	Tutoring in most subjects. Some walk-in available; English tutoring by appointment
Skills Center	800, west entrance	714-992-7144	Skillscenter.fullcoll.edu	Study skills, vocabulary, computer tutorials in grammar, writing, reading
Counseling Center	2000, 2 nd floor	714-992-7084	Counseling.fullcoll.edu	Advisement for course selection, career and transfer goals
Disability Support Services	842	714-992-7099	Dsp.fullcoll.edu	Provides services for students with disabilities, learning disability assessment
Transfer Center	212	714-992-7086	Transfer.fullcoll.edu	Transfer advising, guides to majors, university information
Cadena Center	212	714-992-7086	Cadena.fullcoll.edu	Diversity events, scholarship info, speakers
Health Center	1204	714-992-7093	Healthservices.fullcoll.edu	Free or reduced cost medical and psychological care
Financial Aid	115	714-992-7091	Financialaid.fullcoll.edu	Grants, loans, scholarships, help w/ FAFSA
Veterans' Services	518	714-992-7102	Veterans.fullcoll.edu	A variety of services and support for student veterans
EOPS	2000, 2 nd floor	714-992-7097	Eops.fullcoll.edu	Services for the educationally and economically needy
Career and Life Planning	2000, 2 nd floor	714-992-7121	Careercenter.fullcoll.edu	Career counseling, assessment, resume help
Workforce Center	2002	714-992-7136	Workforce.fullcoll.edu	Job placement services, employment skills, resume and interviewing help
Transfer Achievement Program (TAP)		714-992-7084	Tap.fullcoll.edu	Supports students in their goal of transferring to a 4-year university
Puente		edominguez@fullcoll.edu	Puente.fullcoll.edu	Supports educationally disadvantaged students in achieving a college education
Incite		714-992-7143	incite@fullcoll.edu	Academic support for student athletes
Student Success Diversity Init. (SDSI)	801B	714-992-7143	sdsi@fullcoll.edu	Support for Afr.-Am./Latino men & other at-risk students
Math Lab	807	714-992-7140	Math.fullcoll.edu/math-lab.html	Math tutoring and resources
Special Programs	225	715-992-7067	Specialprograms.fullcoll.edu	Service learning, future teacher pathway program, honors program, career cafe
Food Bank	1955	none – email fcfoodbank@fullcoll.edu	Fcfoodbank.fullcoll.edu	Provides food to students and their families in need
Child Development Center/Lab School	1820/1830	714-992-7069	Labschool.fullcoll.edu	Child care and education for children between 2½ and 5½