

## **Nutrition Seminar and Senior Capstone – Fall 2023**

Nutrition, Sustainability and Society Concentration  
Department of Nutrition and Food Sciences  
University of Vermont

### **Course Details:**

Wednesdays, 1:10pm- 2:00

1 credit

### **Instructor**

Dr. Meredith T. Niles (she/her pronouns)

[mtniles@uvm.edu](mailto:mtniles@uvm.edu)

@MeredithNiles1 (X/Twitter)

802-656-4337

[www.meredithniles.com](http://www.meredithniles.com)

Office Hours: Wednesdays after class 2-3pm, in 355 Carrigan Wing

### **Course Description:**

This course is designed to help support you in your senior year to gain professional skills and integrate and apply the knowledge, skills, and concepts you have learned throughout your undergraduate studies. With this dual purpose of synthesizing and applying knowledge, while also preparing you for the post-college experience, we will explore a variety of concepts and skills, driven by student's own needs and expressed professional goals. **This is meant to be an individually tailored class**, one that enables you to reflect your own learnings and experiences as an undergraduate, while also preparing for a realizing your future career and goals beyond the university.

### **Course Goals and Objectives:**

Students will achieve the following learning objectives:

1. Develop professional and career development skills and relevant materials for post-undergraduate experiences (e.g. graduate or professional school, career).
2. Integrate knowledge learned across the different courses within the nutrition, sustainability and society concentration of the nutrition major within the University of Vermont.
3. Demonstrate quantitative and qualitative skills by gathering, analyzing, and synthesizing nutrition, sustainability and society relevant research and information.

4. Communicate effectively about topical issues as well as yourself and your professional goals through written and oral presentations.

### **Brightspace Course Site:**

Effective Fall 2023, UVM no longer uses Blackboard and has transitioned to using Brightspace. Our course Brightspace page will house all course materials and assignments. For Brightspace information, students can access the following UVM Knowledge Base article:

<https://www.uvm.edu/it/kb/article/brightspace-for-students/>

### **Special Needs or Accommodations:**

It is my job to make your learning experience as productive as possible, if there is anything I can do to help facilitate this, please let me know. If you have specific requirements that require ongoing accommodations, please contact [Student Accessibility Services \(SAS\)](#) and ensure that they send me the appropriate documentation.

### **Classroom Environment Expectations:**

In this class, we will work together to develop a learning community that is inclusive and respectful. As a learning community we will seek to encourage and appreciate expressions of different ideas, opinions, and beliefs in the spirit of Our Common Ground. Meaningful and constructive dialogue is encouraged in this class. This requires mutual respect, willingness to listen, and open-mindedness to opposing points of view. Respect for individual differences and alternative viewpoints will be maintained at all times in this class. Conduct that substantially or repeatedly disrupts the ability of faculty and instructors to teach and the ability of students to engage may result in my asking a student to temporarily leave the classroom. [See Undergraduate Catalogue - Classroom Code of Conduct \(p. 443-444\).](#)

### **Course Details by Week:**

<b>Class Date</b>	<b>Class Topic</b>	<b>Assignment</b>	<b>Due Date</b>
Class 1 August 30	Welcome, introductions		
Class 2 September 6	Skills Assessment- What have I learned? What can I do?	Skills assessment	September 5, 11:59pm
Class 3 September 13	Articulating Your Skills- Resume Design and cover letters	Resume in its current state	September 11, 11:59pm
Class 4 September 20	Out of class cover letter/personal statement	Cover letter or personal statement	September 21, 11:59pm
Class 5 September 27	Information skills: Finding and comparing information sources		

Class 6 October 4	Information skills: Ethical considerations in information and research		
Class 7 October 11	Synthesis/Comprehension Skills: Reading research articles		
Class 8 October 18	Synthesis/Comprehension Skills: Synthesizing information		
		Article review and synthesis	October 24, 11:59pm
Class 9 October 25	Communication Skills: Cultural competency and interviewing	Final presentation proposal concept	October 31, 11:59pm
Class 10 November 1	Communication Skills: A professional online presence	LinkedIn page	November 14, 11:59pm
Class 11 November 8	Make an appointment at Career Center/Resume Review	Draft resume for exchange	November 12, 11:59pm
Class 12 November 15	Resume exchange		
Class 13 November 22	Thanksgiving recess		
Class 14 November 29	Final presentations		
Class 15 December 6	Final presentations		

### **Before Class Readings:**

In some instances, I will post readings on the Brightspace page to be read prior to class. I will notify you about any readings in the course, and post them at least one week in advance of class.

### **In Class Participation and Absences:**

You are expected to attend class, and your participation will be a component of your satisfactory grade through group discussions and in-class presentations and evaluation. In some instances it may be necessary to miss class including for student athletes, religious holidays or because you are sick. These instances require either medical documentation (in the case of your illness) or prior discussion with the instructor.

Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time. <https://www.uvm.edu/registrar/religious-holidays>

More than **three** unexcused absences will result in an unsatisfactory grade for this course.

### **Grading Criteria and Policy:**

This is a satisfactory/unsatisfactory (S/U) graded course. S/U: These grades are used in courses where the A-F grade is inappropriate, such as in seminars, internships, practica, etc. There are no quality points associated with the letter grades of S and U.

All assignments are due on the day of their due date as determined by Dr. Niles. Late assignments will be considered unsatisfactory, unless previously discussed with Dr. Niles.

**However, given the nature of life, you reserve the right to use one “late pass” (an extension of three days) on one of your assignments, not including the final presentation.** If you intend to use your late pass, please email Dr. Niles to notify her.

### **To achieve an Satisfactory in this class (S) you must achieve the following:**

- S grade on 5/6 assessments (details below), not including the final presentation
- An S grade on the final project
- Two or fewer unexcused absences

### **Assignments/Assessments:**

This class will have six assessments or assignments, which are designed to both help you develop professional skills and resources for beyond the university, while also enabling you to demonstrate what you’ve learned throughout your time at UVM. All of these assignments/assessments will be graded on an S/U basis. Rubrics or clear criteria for achieving an S/U grade will be communicated to students prior to the assignments due date.

- Skills assessment (hard and soft)
- Cover letter/personal statement
- Final resume
- Article review and synthesis
- LinkedIn page
- Reflections
  - o Cultural competency and interviewing
- Final presentation

### **Additional UVM Policies and Resources**

#### **Lived Name and Pronoun Information:**

The UVM Directory includes fields for indicating your lived name and your pronouns. Lived names (preferred names, names in use) are names that an individual wants to be known by in the University community. Entering your pronouns is strongly encouraged to help create a more inclusive and respectful campus community. To update your information, login to the

UVM Directory. A preview box will allow you to see how this information will appear in other systems used on campus such as Microsoft Teams and Blackboard. More information about how to make changes to your lived name and pronouns is available in the [Knowledge Base](#).

**Academic Integrity and AI:**

The [Academic Integrity policy](#) addresses plagiarism, fabrication, collusion, and cheating. Use of ChatGPT (or other similar tools that generate text) is allowed in this class for specific assignments only. When use of the tool is allowed, it will be explicitly noted in the assignment directions. If you utilize ChatGPT for any part of the assignment (from idea generation to text creation to text editing), you must properly cite ChatGPT. Failure to cite ChatGPT is considered a violation of the plagiarism standard of the UVM Code of Academic Integrity. Violations could result in failure of the assignment or failure of the course and a notation on your transcript.

**Research and Citation Help:**

For help selecting research topics, finding information, citing sources, and more, ask a librarian. The UVM Libraries are eager to help. You may ask questions by phone, e-mail, chat, or text, or make an appointment for an individual consultation with a librarian.

Howe Library: <https://library.uvm.edu/askhowe>

Dana Medical Library: <https://dana.uvm.edu/help/ask>

Silver Special Collections Library: <https://specialcollections.uvm.edu/help/ask>

**Course Evaluation:**

*Include a statement that all students are expected to complete an evaluation of the course at its conclusion. Indicate that the evaluations will be anonymous and confidential, and that the information gained, including constructive criticisms, will be used to improve the course.*

*If your department is using Blue for this class, you can link to the UVM Knowledge Base page with [student instructions on how to access Blue course evaluations](#).*

**General statement regarding potential changes during the semester:**

<http://catalogue.uvm.edu/>

The University of Vermont reserves the right to make changes in the course offerings, mode of delivery, degree requirements, charges, regulations, and procedures contained herein as educational, financial, and health, safety, and welfare considerations require, or as necessary to be compliant with governmental, accreditation, or public health directives.

**Intellectual Property Statement/Prohibition on Sharing Academic Materials:**

Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments (for example homework or a take-home examination). Violations will be handled under UVM's Intellectual Property policy and Code of Academic Integrity.

**Student Learning Accommodations:**

In keeping with University policy, any student with a documented disability interested in utilizing ADA accommodations should contact Student Accessibility Services (SAS), the office of Disability Services on campus for students. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly recommended to discuss with their faculty the accommodations they plan to use in each course. Faculty who receive Letters of Accommodation with Disability Related Flexible accommodations will need to fill out the Disability Related Flexibility Agreement. Any questions from faculty or students on the agreement should be directed to the SAS specialist who is indicated on the letter.

**Contact SAS:**

A170 Living/Learning Center;  
802-656-7753

[access@uvm.edu](mailto:access@uvm.edu)

[www.uvm.edu/access](http://www.uvm.edu/access)

**Important UVM Policies****Academic Integrity:**

The [Academic Integrity policy](#) addresses plagiarism, fabrication, collusion, and cheating.

**Code of Student Conduct:**

[UVM's Code of Student Conduct](#) outlines conduct expectations as well as students' rights and responsibilities.

**FERPA Rights Disclosure:**

The purpose of UVM's [FERPA Rights Disclosure](#) is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974.

**Final Exam Policy:**

The University [final exam policy](#) outlines expectations during final exams and explains timing and process of examination period.

**Grade Appeals:**

If you would like to contest a grade, please follow the procedures [outlined in this policy](#).

**Grading:**

[This link](#) offers information on grading and GPA calculation.

**Promoting Health & Safety:**

The University of Vermont's number one priority is to support a healthy and safe community:

[Center for Health and Wellbeing](#)

[Counseling & Psychiatry Services \(CAPS\)](#) Direct Phone Line: (802) 656-3340

**C.A.R.E.** If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by [visiting the C.A.R.E. Team website](#).

**Alcohol and Cannabis Statement:**

*The Division of Student Affairs has offered the following optional statement on alcohol and cannabis use **that faculty may choose to include, or modify for inclusion, in their syllabus or Brightspace course site:***

**Statement on Alcohol and Cannabis in the Academic Environment**

As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.