

**COURSE NAME; NUMBER; SEMESTER; MEETING DAYS, TIMES, AND PLACE.**

Careers in Nutrition (1 credit)

11:709:102 Spring 2022

Tuesdays 12:10 – 1:10pm

Food Science Building, Room 101

**CONTACT INFORMATION:**

Instructor(s): Virginia Quick, PhD, RD

Office Location: Davison Hall, Room 209  
(next to DSC building)

Office Phone: (848) 932-0950 Cell Phone: (908) 507-4879

Email: [vquick@njaes.rutgers.edu](mailto:vquick@njaes.rutgers.edu)

Office Hours: By appointment

**COURSE WEBSITE, RESOURCES AND MATERIALS:**

- All resources and materials will be made available on the class Canvas website.

**CANVAS**

All class-related documents, grades, emails, and announcements for this class will be posted on our Canvas course website. This service is available through the student's email account. Students will be responsible for regularly checking Canvas for emails, announcements, and schedule changes.

**COURSE DESCRIPTION:**

Exploration of current and emerging career paths in food and nutrition including higher education pathways, career opportunities, professional roles, skills, responsibilities, and ethics. Students will also start to develop a professional e-portfolio for successful career preparation and entry.

**LEARNING OBJECTIVES:**

At the end of this course, students will be able to:

1. Self-assess personal interests, capabilities, and education/career goals to prepare for success in higher education and/or professional careers in the nutrition field.
2. Apply professional resources to aid in career development and continuing education.
3. Develop and maintain a personal professional e-portfolio.
4. Explore diverse employment opportunities in the nutrition field.
5. Demonstrate basic skills of work acculturation and professionalism (e.g., ethics, organizational skills, time management, effective communication skills, accountability).
6. Create a plan for gaining pre-professional experience in the nutrition field while enrolled in higher education.

**2022 Core**

**Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:** Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services (i.e., guest speakers; introduction to healthcare system module).

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services (e.g., guest speakers, introduction to healthcare system module).

KRDN 5.1: Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement (e.g., Tratify self-assessment, Implicit Activities, self reflection assignments)

KRDN 5.2: Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals (i.e., self-reflection assignments, resume, e-portfolio).

KRDN 5.3: Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator speech). (i.e., self-reflection assignments, resume)

KRDN 5.6: Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others. (i.e., mentor assignment)

### **PARTICIPATION & ATTENDANCE:**

I believe one of the best ways to learn is from conversation with your peers. Please participate when you deem it is appropriate and please be courteous to your fellow peers while attending classes. Reading your assignments ahead of time makes you a better participant and makes the discussions more interesting. Students are expected to attend all scheduled class meetings unless a prior arrangement has been made. In being courteous to your professor and guest speakers, please arrive on time.

### **ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:**

Grades for this course are based on participation/attendance, and various assignments/activities found below. All assignments and activities are due on the dates posted on the Rutgers Canvas course site. Please make sure to check the Canvas course site regular for email correspondence and upcoming deadlines.

1. Class attendance & participation (30 points)
2. Biopic Video (10 points)
3. Research citations tutorial (10)
4. Self-reflection assignments (10 points each = 50 points total)
5. Introduction to Healthcare System Module/Certificate (25 points)
6. Mentor assignment (25 points)
7. Initiate and maintain an online personal professional e-portfolio (50 points)
8. Resume (50 points)

**Final Grade Assessment:** Final grade determination is based on the following: A = 225 points & above; B+ = 213-224 B = 200-212; C+ = 187-199; C = 175-186; D = 150-174; F = 150 & below.

**COURSE SCHEDULE:**

**Tentative Schedule**

Class Date	Activities	Assignments
Sept 6 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Introduction &amp; Course Expectations</li> <li>• Familiarize yourself with Canvas</li> <li>• Overview of Nutritional Sciences Curriculum</li> </ul>	-Biopic video (self-video) 3 to 4 minutes in length
Sept 13 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Intro to Nutrition Career Paths &amp; Steps to be Successful in Carving your Career</li> </ul>	-Complete the CES – Tratify Self-Assessment Tool: <a href="https://careers.rutgers.edu/students-and-alumni#onlinetools">https://careers.rutgers.edu/students-and-alumni#onlinetools</a>  <b>-Self-Reflection #1:</b> Write a 1-page reaction essay about how the results of this self-assessment relate to nutrition careers.
Sept 20 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Steps in Becoming an RDN, Supervised Practice Programs</li> <li>- Bring results of your Tratify Self-Assessment to class</li> </ul>	-Complete the 2 hour Introduction to the Healthcare System Module (upload certificate of completion to Canvas): <a href="https://patientnavigatortraining.org/learnng/courses/introduction-to-the-healthcare-system/">https://patientnavigatortraining.org/learnng/courses/introduction-to-the-healthcare-system/</a>
Sept 27 <sup>th</sup>	Guest speaker: Larry Jacobs <ul style="list-style-type: none"> <li>- Marketing your Experience &amp; Personal Branding, Resume Writing</li> </ul>	-Upload your completed Resume to be reviewed by Resume Worded  <b>-Self-Reflection #2:</b> Prepare a 1-page essay that describes what specific skills and knowledge you have brought to your college career. How do you intend to use these during the remainder of your time at RU?
Oct 4 <sup>th</sup> (Outside Classwork)	Developing a personal professional e-portfolio (watch recorded module on Canvas)	-Start developing e-portfolio (collecting artifacts) -Explore website creation programs (Weebly, Wix, Google Sites)
Oct 11 <sup>th</sup>	Steps in Becoming an RDN, Supervised Practice Programs, cont.	<b>-Self-Reflection #3:</b> Elevator Pitch.
Oct 18 <sup>th</sup> (Virtual via Zoom)	Rutgers Library Resources & Searching for Scholarly Work Guest Speaker: Judit Ward	-Complete the “Why Citations Matter” Video and Tutorial modules on Canvas
Oct 25 <sup>th</sup> (Virtual via Zoom)	Panel of Guest speakers: TBD -Careers in Dietetics -Be prepared to ask 3 questions	<b>-Self-Reflection #4:</b> Develop a year-by-year plan for getting the experiences you need during college to pursue your career.
Nov 1 <sup>st</sup> (Virtual via Zoom)	Panel of Guest speakers: TBD -Careers in Nutrition Research -Be prepared to ask 3 questions	-Complete the Mentor Assignment
Nov 8 <sup>th</sup> (Virtual via Zoom)	Panel of Guest speakers: TBD -Careers in Food Business, Industry & Management -Be prepared to ask 3 questions	

<p>Nov 15<sup>th</sup>        (Virtual via Zoom)</p>	<p>Panel of Guest speakers: TBD        -Careers in Community Nutrition &amp; Health Outreach        -Be prepared to ask 3 questions</p>	<p>-Complete the two Project Implicit Assessments (Weight IAT and Race IAT)  <a href="https://implicit.harvard.edu/implicit/selectatest.html">https://implicit.harvard.edu/implicit/selectatest.html</a>    <b>Self-Reflection #5:</b> write a 1-page essay with your reaction to results of the implicit activity</p>
<p>Nov 22<sup>nd</sup>        NO CLASS</p>	<p>Happy Thanksgiving!</p>	
<p>Nov 29<sup>th</sup>        (Virtual via Zoom)</p>	<p>Panel of Guest speakers: TBD        -Careers as a Nutrition Entrepreneur        -Be prepared to ask 3 questions</p>	
<p>Dec 6<sup>th</sup></p>	<p>Guest speakers: Current NS Seniors        -Getting work and volunteer experiences while in school        -Be prepared to ask 3 questions</p>	
<p>Dec 13<sup>th</sup></p>	<p>Wrap up        -Sharing your thoughts on careers with classmates</p>	<p>-Personal Professional e-portfolio DUE        -Resume Due</p>

## ACCOMODATIONS FOR STUDENTS WITH DISABILITIES

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

## ABSENCE POLICY

Students are expected to attend all classes; if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

## ACADEMIC INTEGRITY

The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## AVAILABLE STUDENT SUPPORT SERVICES

- ***If you are having personal or other problems, there are many options at Rutgers for assistance.***
  - Student Affairs office can help with issues related to your experience at Rutgers and when you don't know where to start when looking for assistance, contact the [Dean of Students office](#).
  - If are in need of *mental health* services, please use our readily available services. Rutgers Counseling and Psychological Services (CAPS) – New Brunswick: <http://rhscaps.rutgers.edu/>
  - If you need some temporary guidance, there is “Lets Talk” – which is a CAPS service offering drop-in hours at a number of locations across campus. No appointment is necessary. <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/#runbhc>

- **If you are in need of physical health services** due to illness, please reach out to:  
Rutgers Health Services – New Brunswick: <http://health.rutgers.edu/>
- **If you do not have enough food**, there is a Food Pantry on College Ave campus that is exclusively for Rutgers Students. <http://ruoffcampus.rutgers.edu/food/>
- If you need accommodation for a **disability**, obtain a Letter of Accommodation from the Office of Disability Services that provides student-centered and inclusive services. <https://ods.rutgers.edu>
- If you are a **military veteran** or are on active military duty, you can obtain support through the Office of Veteran and Military Programs and Services. <http://veterans.rutgers.edu/>
- If you are in **need of legal services**, please use our readily available services: <http://rusls.rutgers.edu/>
- If you are in need of additional **academic assistance**, please use our readily available services. Rutgers University-New Brunswick Learning Center: <https://rlc.rutgers.edu/>.
- If you or somebody you know has been victimized by a **crime, interpersonal violence** (e.g., stalking, sexual assault), support is available at the Rutgers Office for Violence Prevention and Victim assistance. <http://vpva.rutgers.edu>

## OTHER STUDENT WELLNESS SERVICES

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

### Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/ [www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

### Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

### Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the

accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

**Scarlet Listeners**

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.