To the Incoming Class of 2009:

It is my pleasure to welcome you to the Foods and Nutrition family! I am delighted you have chosen to pursue a career related to foods and nutrition. We are a rapidly growing department of nearly 360 undergraduate students and 50 faculty and staff. Despite our growing numbers we remain small enough to provide an intimate learning atmosphere within the department. With our top-quality faculty, excellent facilities and growing student support services, we are committed to supporting our students achieve their academic and personal goals.

I invite you to take full advantage of the various opportunities that the university, college and department offer you during your time at Purdue. This guide, as well as your advisor, can help you select offerings that are right for you to enhance your classroom learning. Programs such as the Honors Project, Entrepreneurial Certificate, Study Abroad, Clubs and Societies and many more are available to students and are discussed in the guide. Also included in this guide are resources available to all Purdue students to assist in their success. I encourage you to review this guide in its entirety to make the best of your Purdue journey.

As you are adjusting to life on campus, be sure to stay in touch with the department and allow us to help with your acclimation to campus life and success in and out of the classroom. We pride ourselves in developing relationship with our students that last not only through your academic journey at Purdue but in their numerous endeavors following graduation. As department head I pledge to make your educational experience rewarding.

Once again I want to extend a warm welcome and wish you the best as a new Boiler!

Best regards,

Connie Weaver
Department Head, Distinguished Professor
Department of Foods and Nutrition
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**DEPARTMENTAL OVERVIEW**

**The Foods and Nutrition Mission:**

*To provide a premier environment for excellence in discovery, learning and engagement.*

**History**

The department of Foods and Nutrition is in the College of Consumer and Family Sciences. The college was established in 1905 as the department of “Household Economics” and later evolved into what is now known as Consumer and Family Sciences. The college is ranked 7th in size among the 12 schools at Purdue. The Dean is Dr. Dennis Savaiano. The department is nationally known for its excellence in research and education programs. Dr. Connie Weaver has been the Department Head since 1991.

**Research**

The Foods and Nutrition department has four signature areas of research which shape the department’s future in regards to resources and faculty. The areas include Bone Health, Diet, Energy Balance and Fitness, Botanicals for Age-Related Diseases, and Cancer Prevention.

**Bone Health**

Collaboration between researchers in the Department of Foods and Nutrition, the Indiana University School of Medicine, and Eli Lilly has put Indiana at the core of skeletal research. The department employs a full range of approaches to the study of calcium metabolism and requirements, vitamin D, and bone. These approaches include clinical trials, education interventions to change behavior, animal models, and molecular and genomic investigations of mechanisms.

**Diet, Energy Balance, and Fitness**

Food choice and energy expenditure are multifaceted. Departmental expertise in both areas is being integrated in discovery, learning, and engagement efforts to develop the knowledge and resources necessary for optimal health.

**Botanicals for Age-Related Diseases**

The Botanicals Research Center for Age-Related Diseases is one of six NIH-funded centers in the United States studying botanical dietary supplements, specifically those claiming to prevent and treat age-related diseases such as cancer, cardiovascular disease, osteoporosis, and dementia.
**Cancer Prevention (Emerging Signature Area)**
Cancer prevention research is an emerging "Signature Area" within the department. Active projects include exploring the relationship of green tea, vitamin D, fiber, and antioxidants to cancer. Several foods and nutrition faculty are involved in projects at the multidisciplinary Purdue Cancer Center.

**Signature Areas’ impact on the “Undergraduate Experience”**
As the signature areas shape the faculty at Purdue, it also impacts the undergraduate experience because of the information brought into the classroom as well as the unique experiences offered to F&N students to work with faculty research. Students can complete research through the Honors Project or can be employed in the faculty’s research laboratories. Numerous F&N faculty are nationally known and well decorated with awards that honor their dedication and excellence in their area of research. We invite students to become involved with the faculty as we consider them a major strength of the department.
F&N Majors

Dietetics

Designed for students interested in careers such as nutrition counseling, hospital and clinical dietetics, public health nutrition programs, clinical research, private practice in nutrition, and institutional foodservice management. The undergraduate degree in dietetics is only the first step in becoming a Registered Dietitian. Students must complete a Supervised Practice Experience through a Dietetic Internship or through the Coordinated Program at Purdue to be eligible to sit for the RD credentialing exam. Many students choose to combine a major in dietetics with a major in Nutrition, Fitness, and Health.

- **Didactic Program in Dietetics** - This program is what every undergraduate dietetic student is enrolled in until they either graduate or are accepted into the Coordinated Program during their senior year. This program meets the undergraduate requirements necessary for a Bachelor of Science degree as well as requirements established by the Commission on Accreditation for Dietetics Education. Upon completion of this program students receive a verification statement making them eligible for a dietetic internship.

- **Coordinated Program in Dietetics** - This program combines the undergraduate requirements of dietetics education with the supervised practice experience needed to be eligible to sit for the RD exam. Upon completion of this program students receive their Bachelor of Science degree as well as a verification statement that confirms eligibility to sit for the RD exam.

Foods and Nutrition in Business

Foods and Nutrition in Business is a unique major that allows students to combine their passion for food with the science of nutrition and the excitement of the food industry and business sector. This major was designed for students interested in the various careers available in the food industry related to product development, testing, public relations and communications. Foods and Nutrition in Business helps bridge the gap between industry and the consumer. If you are interested in the science of food industry yet have an interest to work directly with customers and the market place than Foods and Nutrition in Business may be for you!
**Nutrition, Fitness, and Health**

Nutrition, Fitness and Health is a unique major that allows students to combine their passion for food with the science of nutrition and the excitement of fitness and health promotion. This major is one of the few in the country that combines work in exercise physiology and health promotion with a science-based nutrition curriculum. This major was designed for students interested in the various careers available in health promotion, wellness programs, rehabilitation programs and the fitness industry.

**Nutrition Science**

Nutrition science builds upon the basic sciences and provides opportunities to explore nutrition in depth. It examines the ways in which what we eat affects our physical and even psychological well being, determining optimal intake of individual nutrients, specific foods and food groups. The program is designed for students who are interested in preparing for careers in health related fields and who wish to understand the basis for nutrient function and human nutrient requirements.
The mission of academic advising at Purdue University is to partner with students, faculty, staff, departments and administration to empower students to develop and implement an individualized plan for academic success, personal and career development; while integrating learning and enrichment within the University. (PACADA, 2007)

The Foods and Nutrition Department utilizes both professional and faculty advisors. **Freshman will be assigned their official academic advisor sometime after STAR. You may find this information on your myPurdue account under student information. We suggest that all incoming freshman should contact Mrs. Troyer or Mrs. Kennedy for any advising needs until after the Undergraduate Meeting in October. After this meeting please rely on your assigned academic advisor for any advising needs.**

You will be alerted as to when you can meet with your advisor to discuss academic and career planning prior to spring registration time.

**RESPONSIBILITIES OF STUDENTS**

Your Academic Advisor expects you to:

- Schedule regular appointments and/or contacts during each semester
- Be on time for appointments and prepared with questions and/or topics to discuss
- Contact the advising office ahead of time if unable to make scheduled appointment
- Check Purdue email account at least weekly
- Take an active role in the investigation of potential majors and/or careers
- Be open to developing and clarifying your personal values and goals
- Keep a record of your academic progress and goals
- Select courses each semester to progress toward fulfilling your personal educational plan
- Seek help before a situation becomes a crisis
- Seek out campus resources and services to help meet academic, personal, and career goals
- Accept responsibility for your decisions and actions

**RESPONSIBILITIES OF ADVISORS**

You can expect the Academic Advising Staff to:

- Provide a safe space in which to share your questions, aspirations, concerns, and interests
- 9 -

- Assist in the exploration of areas of study and corresponding career options
- Provide you with accurate and up-to-date information regarding course and major requirements
- Assist you in making academically sound course and major decisions
- Interpret Purdue and college requirements, policies, and procedures
- Refer you to campus services, organizations, and faculty and staff members as needed
- Maintain confidentiality

**MEET THE ADVISING FACULTY & STAFF**

Carol Boushey, MPH PhD, RD, LD  
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boushey@purdue.edu  
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Marleen Troyer
Assistant to Head
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494-8228

Donna Zoss, RD, CNSD
Continuing Lecturer
zoss@purdue.edu
494-8228
**IMPORTANT PHONE NUMBERS**

**Purdue Operator** → 494.4600  
**Police** → 494.8221; 205 S. Intramural Dr.  
**Fire** → 494.6919; DeMent Fire Station

**Admissions** → 494.1776; SCHL 108  
**Bursar** → 494.7570; HOVD 130  
**Financial Aid** → 494.0998; SCHL 305  
**Information Technology (IT@P)** → 494.4000; STEW G-65  
**Purdue Student Health (PUSH)** → 494.1700; PUSH  
  - Immunization Records → 494.1837; PUSH  
**Registrar** → 494.8581; HOVD 45  
**Study Abroad Program** → 494.2383; YOUNG 105  
**Transfer Credit Evaluation** → 494.6482; SCHL 108  
**University Parking** → 494.9494; Northwestern Parking Garage  
  - Hourly Parking → Grant St. Parking Garage  
  - Temporary Parking Permits → 494.4636; Northwestern Parking Garage  
**University Residences** → 494.1022; SMLY Center  
**Visitor Information Center** → 494.4636; Northwestern Parking Garage  
  - Visitor Information Kiosk → PMU First Floor

**ROTC**  
  - Air Force → 494.2042; AR 228  
  - Army → 494.2099; AR 103  
  - Navy → 494.2055; AR 203

**Athletics**  
  - Athletic Information → 494.7417; IAF  
  - Athletic Counseling Office → 494.9324; IAF 212  
  - Recreational Sports Center → 494-3109; RSC

**Music**  
  - Bands → 494.0770; ELLT 135  
  - Purdue Musical Organizations (PMO) → 494.3941; ELLT 242

**Foods and Nutrition Main Office - 494-8228**
### 2009 SUMMER SESSION

<table>
<thead>
<tr>
<th>MAY</th>
<th></th>
<th>2009-10 FALL SEMESTER</th>
<th>2009-10 SPRING SEMESTER</th>
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</thead>
<tbody>
<tr>
<td>Monday 18</td>
<td>FIRST FOUR-WEEK MODULE BEGINS</td>
<td>7:30 a.m.</td>
<td>January 11</td>
</tr>
<tr>
<td>Monday 25</td>
<td>MEMORIAL DAY (No Classes)</td>
<td></td>
<td>Monday 18</td>
</tr>
<tr>
<td>JUNE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 12</td>
<td>FIRST FOUR-WEEK MODULE ENDS*</td>
<td>5:30 p.m.</td>
<td>Monday 15</td>
</tr>
<tr>
<td>Monday 15</td>
<td>SECOND FOUR-WEEK MODULE BEGINS</td>
<td>7:30 a.m.</td>
<td>Monday 25</td>
</tr>
<tr>
<td>JULY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 3</td>
<td>INDEPENDENCE HOLIDAY (No Classes)</td>
<td></td>
<td>Friday 19</td>
</tr>
</tbody>
</table>

* Summer grades due by 5:00 p.m. of the second working day after the end of each module.

### 2009-10 FALL SEMESTER

- **August 2009**
  - Monday 21: CLASSES BEGINS 7:30 a.m.
  - Friday 28: Last day for late registration 5:00 p.m.

- **September**
  - Friday 4: Last day to cancel a course assignment without it appearing on record 5:00 p.m.
  - Monday 7: LABOR DAY (No Classes)
  - Monday 21: Last day to cancel a course assignment without a grade, for course additions, change of level or change of pass/not-pass option 5:00 p.m.

- **October**
  - Friday 2: Reports of unsatisfactory work are to be issued as of this date 5:00 p.m.
  - Monday 5: Last day for grade correction for spring semester 2008-09 and 2009 summer session 5:00 p.m.
  - Monday 12-13: OCTOBER BREAK
  - Wednesday 21: Second Eight-Week Courses Begin 7:30 a.m.
  - Wednesday 28: Last day a course assignment may be cancelled (with passing or failing grade) 5:00 p.m.
  - Wednesday: Last day, under extenuating circumstances, for course additions, change of level or change of pass/not-pass option 5:00 p.m.

- **November**
  - Thursday 19: Deadline for pending incomplete grades to become failing grades 5:00 p.m.
  - Wednesday-Sat 25-28: THANKSGIVING VACATION

- **December**
  - Saturday 12: CLASSER END 12:20 p.m.
  - Monday 14-19: EXAM SCHEDULE 8:00 a.m.
  - Saturday 19: SEMESTER ENDS 9:00 p.m.
  - Sunday 20: COMMENCEMENT (1st Div.) 9:30 a.m.
  - COMMENCEMENT (2nd Div.) 2:30 p.m.
  - Tuesday 22: Grades Due 5:00 p.m.

### 2009-10 SPRING SEMESTER

- **January**
  - Monday 11: CLASSES BEGIN 7:30 a.m.
  - Friday 15: Last day for late registration 5:00 p.m.
  - Monday 18: MARTIN LUTHER KING JR. DAY (No Classes)
  - Monday 25: Last day to cancel a course assignment without it appearing on record 5:00 p.m.

- **February**
  - Monday 8: Last day to cancel a course assignment without a grade, for course additions, change of level or change of pass/not-pass option 5:00 p.m.
  - Friday 19: Reports of unsatisfactory work are to be issued as of this date 5:00 p.m.
  - Monday 22: Last day for grade correction for fall semester 2009 5:00 p.m.

- **March**
  - Monday 8: Second Eight-Week Courses Begin 7:30 a.m.
  - Monday 15-20: SPRING VACATION
  - Monday 22: Last day a course assignment may be cancelled (with passing or failing grade) 5:00 p.m.
  - Monday 22: Last day to cancel a course assignment without a grade, for course additions, change of level or change of pass/not-pass option 5:00 p.m.

- **April**
  - Tuesday 13: Deadline for pending incomplete grades to become failing grades 12:20 p.m.

- **May**
  - Saturday 1: CLASSES END 12:20 p.m.
  - Monday 4: EXAM SCHEDULE BEGINS 8:00 a.m.
  - Friday 14: COMMENCEMENT (1st Division) ** 8:00 p.m.
  - Saturday 15: COMMENCEMENT (2nd Division) 9:30 a.m.
  - Sunday 16: COMMENCEMENT (3rd Division) 2:30 p.m.

**Subject to change.

### TENTATIVE DATES FOR 2010-11

**SUMMER SESSION**
- May 6 - August 6, 2010

**FALL SEMESTER**
- August 23 - December 18, 2010

**SPRING SEMESTER**
- January 10 - May 7, 2011

- Memorial Day May 31 (Monday)
- Independence Day July 5 (Monday)
- Commencement August 7 (Saturday)
- Labor Day October 11-12 (Mon-Tues)
- Thanksgiving Vacation November 24-27 (Wed-Sat)
- Commencement December 19 (Sunday)

- M.L. King Jr. Day January 17 (Monday)
- Spring Break March 14-19 (Mon-Sat)
- Commencement May 13, 14, 15 (Fri, Sat, Sun)
## TO ADD OR MODIFY A COURSE

<table>
<thead>
<tr>
<th>16 Weeks</th>
<th>1st 8 Weeks</th>
<th>2nd 8 Weeks</th>
<th>SIGNATURES REQUIRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 24 - Sep 4</td>
<td>Aug 27 - Sep 4</td>
<td>Oct 26 - Nov 3</td>
<td>Advisor and Instructor Take completed Form 23 to Office of the Registrar for processing (Hovde 45).</td>
</tr>
<tr>
<td>Week 1 - 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 24 - Sep 4</td>
<td>Aug 24 - Aug 28</td>
<td>Oct 21 - Oct 27</td>
<td>Course Audit submission dates Advisor, Instructor and Registrar</td>
</tr>
</tbody>
</table>

******* EXTenuating CIRCumstances ONLY *******

<table>
<thead>
<tr>
<th>16 Weeks</th>
<th>1st 8 Weeks</th>
<th>2nd 8 Weeks</th>
<th>SIGNATURES REQUIRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 22 - Oct 28</td>
<td>Sep 8 - Sep 23</td>
<td>Nov 4 - Nov 20</td>
<td>Advisor, Instructor, and Head of Department in which the course is listed Take completed form to Office of the Registrar for processing (Hovde 45)</td>
</tr>
<tr>
<td>Weeks 5 - 9</td>
<td></td>
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<td></td>
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</tbody>
</table>

## TO DROP A COURSE

<table>
<thead>
<tr>
<th>16 Weeks</th>
<th>1st 8 Weeks</th>
<th>2nd 8 Weeks</th>
<th>SIGNATURES REQUIRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 24 - Sep 7</td>
<td>Aug 24 - Aug 30</td>
<td>Oct 21 - Oct 27</td>
<td>No signatures (Course not recorded) Students should consult with their advisor.</td>
</tr>
<tr>
<td>Weeks 1 - 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 8 - Sep 21</td>
<td>Aug 31 - Sep 4</td>
<td>Oct 28 - Nov 3</td>
<td>Advisor (Course recorded with a grade of “W”) Take completed Form 23 to Office of the Registrar for processing (Hovde 45).</td>
</tr>
<tr>
<td>Weeks 3 - 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 22 - Oct 28</td>
<td>Sep 8 - Sep 23</td>
<td>Nov 4 - Nov 20</td>
<td>Advisor and Instructor (Instructor shall indicate whether passing or failing.) Grades of “W”, “WF”, or “WN” will be recorded. Students with a semester classification of 0, 1, or 2 do not need the instructor’s signature; grades will be “W”. Take completed form to Office of the Registrar for processing (Hovde 45)</td>
</tr>
<tr>
<td>Weeks 5 - 9</td>
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</table>

## REFUND PERCENTAGE OF FEES & TUITION

<table>
<thead>
<tr>
<th>16 Weeks</th>
<th>1st 8 Weeks</th>
<th>2nd 8 Weeks</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Aug 24</td>
<td>Before Aug 24</td>
<td>Before Oct 21</td>
<td>100%</td>
</tr>
<tr>
<td>Aug 24 - Sep 7</td>
<td>Aug 24 - Aug 30</td>
<td>Oct 21 - Oct 27</td>
<td>80%</td>
</tr>
<tr>
<td>Sep 8 - Sep 21</td>
<td>Aug 31 - Sep 4</td>
<td>Oct 28 - Nov 3</td>
<td>60%</td>
</tr>
<tr>
<td>Sep 22 - Oct 6</td>
<td>Sep 8 - Sep 14</td>
<td>Nov 4 - Nov 10</td>
<td>40%</td>
</tr>
<tr>
<td>After Oct 5</td>
<td>After Sep 14</td>
<td>After Nov 10</td>
<td>NONE</td>
</tr>
</tbody>
</table>

### LEGEND

- 16 weeks = courses meeting full 16 week semester August 24 - December 19
- 1st 8 weeks = courses meeting 1st 8 weeks only August 24 - October 20
- 2nd 8 weeks = courses meeting 2nd 8 weeks only October 21 - December 19

- No portion of the technology, differential, and repair & rehabilitation fees will be refunded on or after the beginning of classes.
- Information on refunds or withdrawing from the University may be found at the following web site: [http://www.purdue.edu/Registrar](http://www.purdue.edu/Registrar).
- Students withdrawing from ALL course assignments after classes have begun should go to the Office of the Dean of Students. EXCEPTION: Non-degree students should go to the Office of Admissions.
- The revision/refund dates on this calendar apply to courses that exactly fit the time frames listed. Courses offered outside of these time frames have their own deadlines (2-week courses, etc.). For assistance, please contact Customer Service at 494 - 6165.

For assistance, please contact Customer Service at 494 - 6165.
Purdue University values intellectual integrity and the highest standards of academic conduct. To be prepared to meet societal needs as leaders and role models, students must be educated in an ethical learning environment that promotes a high standard of honor in scholastic work. Academic dishonesty (cheating) diminishes the value of every student’s education.

**Definition of Academic Dishonesty**

Academic dishonesty at the university is the same as academic dishonesty in high school. The consequences are more severe, both in the way the university responds and in the educational loss to the student. Purdue prohibits “dishonesty in connection with any University activity. Cheating, plagiarism, or knowingly furnishing false information to the University are examples of dishonesty” [University Regulations, Part 5, Section III, B, 2, a]. Furthermore, the University Senate has stipulated that “the commitment of the acts of cheating, lying, and deceit in any of their diverse forms (such as the use of substitutes for taking examinations, the use of illegal cribs, plagiarism, and copying during examinations) is dishonest and must not be tolerated. Moreover, knowingly to aid and abet, directly or indirectly, other parties in committing dishonest acts is in itself dishonest” [University Senate Document 72-18, December 15, 1972].

**THE FOLLOWING ARE EXAMPLES OF ACADEMIC DISHONESTY:**

- Substituting on an exam for another student
- Substituting in a course for another student
- Paying someone else to write a paper and submitting it as one’s own work
- Giving or receiving answers by use of signals during an exam
- Using electronic devices (phones, laptops) to communicate during an exam
- Plagiarism is a particular kind of academic dishonesty in which one person steals another person’s ideas, words or computer code and falsely presents them as the plagiarist’s own product. Students who copy someone else’s intellectual property in any form are guilty of plagiarism.

**Basic Tips on Avoiding Claims of Dishonesty**

Review course syllabi and make sure you understand your instructors’ expectations and responses regarding academic dishonesty. The following tips may help you avoid problems:
• Clarify with your instructor how much collaboration, if any, is permitted.
• Protect your computer passwords.
• Always logout of or lock a computer when leaving it.
• Do not leave copies of assignments in computer labs.
• Do not give your homework papers, projects, or other assignments to other students to submit for you.
• Keep your student identification card in your possession or secured.
• Do not make any marks on a graded exam if there is any chance you may submit it for a regrade. Make all notations on a separate paper.

What to Do If You Suspect or Become Aware of Cheating
Inform the instructor or contact the Office of the Dean of Students (SCHL 207, 494.1747). Students who cheat gain an unfair advantage over honest students. Although reporting suspected or observed cheating may be difficult, failure to do so hurts you as well as Purdue.

Consequences for Academic Dishonesty
Before any formal action is taken against a student who is suspected of committing academic dishonesty, the instructor is encouraged to meet with the student to discuss the facts surrounding the suspicions. If the instructor concludes that the student is guilty and can resolve the matter with the student through punitive grading, the case may be considered closed. Examples of punitive grading are giving a lower or failing grade on the assignment, having the student repeat the assignment and perhaps some additional assignment, or assessing a lower or failing grade for the course. The grade appeals system offers recourse to a student whose grade has been reduced unfairly for alleged academic dishonesty.
Additionally, instructors are encouraged to refer cases to the Office of the Dean of Students for adjudication and/or appropriate record keeping. The Office of the Dean of Students will follow established procedures as provided in Part 5, Section III, of University Regulations. If a student is found guilty, possible penalties include a warning, probation, probated suspension, suspension, or expulsion.

Summarized from the Purdue University pamphlet on Academic Integrity, written by Associate Dean of Students Stephen Akers, PhD.  
www.purdue.edu/ODOS/osrr/integrity.htm
The Family Educational Rights and Privacy Act of 1974 (FERPA) is a federal law that protects the privacy of student education records.

**Students have the following rights under FERPA:**
- The right to inspect and review their own education records
- The right to seek to amend their own education records
- The right to have some control over the disclosure of information from education records.
- The right to file a complaint with the FERPA office in Washington, D.C.
- Directory information is the only student information that may be released without the written, signed and dated consent of the student. Students may restrict their directory listing so that even this information may not be released. At Purdue University directory information includes:
  - Name
  - Local and home address
  - Local and home telephone listing
  - Email address
  - School and curriculum
  - Classification and credit-hour load
  - Dates of attendance
  - Degrees, awards and honors received
  - Participation in officially recognized activities
  - Height, weight and position of members of athletic teams

**Call the Office of the Registrar for questions related to**
FERPA or Purdue's policy on student education records (Academic Programs, Commencement and Departmental Projects, 494-8219)
Restricted Directory Listing (Academic and Communication Services, 494.6165)
Academic Records and Grades (Academic and Communication Services, 494.6165)

*Summarized from www2.itap.purdue.edu/registrar/training/ferpa/content.cfm.*
Frequently Asked Questions

I’m paying the bills. Why can’t you tell me my daughter’s grades?
FERPA does not allow this. We also think it’s best for you and your daughter to discuss her grades without us being in the middle.

I know my son’s grades. May I discuss them and your policies and procedures?
Yes. If you tell us the grades, we can advise you on what happens next.

How can I find out if my daughter came in to talk to you like I told her to?
You can ask her.

Would you contact my son’s professors to find out how he is doing and then call me with the information?
No.

My son said you wouldn’t release his grades because he has a parking fine.
Grades are posted on myPurdue the Wednesday after the end of exams, regardless of fines. The exceptions some distance education and online courses offered through other universities. The grades will be posted, but there may be a delay.

How do I get access to billing information?
Go to myPurdue at www.mypurdue.purdue.edu and follow the instructions under Student and Financial Aid tab.

When do mid-term grades come out?
Purdue does not post mid-term grades.

Then how do students know how they are doing in class?
We encourage students to maintain a spreadsheet with course requirements, percentage of the grade assigned to each assignment, quiz, test and lab, and the grades they’ve received. Many courses have this information on WebCT, the on-line course management system. Students may also ask their instructors during their office hours.

Working Together within FERPA Guidelines

Faculty and staff at Purdue University, including the Foods and Nutrition office, cannot discuss or release academic information to anyone but the student, who already has access to it. Before the first semester of college begins, we encourage parents and students to discuss expectations for communication concerning, but not limited to, grades, academic progress and choice of major. While at Purdue, most students will experience both more freedom and more responsibility than they have had in the past. Many initially believe that their parents will have the same access to Purdue University faculty and staff that
they had to their high school teachers, counselors and grades. Likewise, parents sometimes believe that the staff and faculty at Purdue will be able to respond to them in the same way that high school teachers and staff did. Due to the constraints imposed by the federally mandated FERPA guidelines, this is not possible.

In order to succeed at Purdue, a student must be able to organize time, balance academic and personal life, and negotiate the Purdue University bureaucracy. When a parent intercedes too often, the student does not learn these skills and also receives the perhaps unintended message that he or she is not capable of handling problems that arise. Students, who manage their time well, treat their coursework as a job, read and act on information they receive, develop good study skills, find resources, and track their grades will find the coursework, while challenging, is not impossible. While the Foods and Nutrition staff cannot release FERPA-protected information to anyone except the student, we are happy to discuss with parents University policies and programs, strategies for success, and academic and personal resources available on the Purdue University campus. FERPA allows the disclosure of non-directory information with a written, signed and dated consent that specifies the records that may be disclosed, states the purpose of the disclosure, and identifies the person or persons to whom disclosure may be made. Students may request a waiver through the Office of the Registrar for release of grades. Parents would then work with that office and not the Foods and Nutrition office to get the information.
Despite the four majors offered through the F&N, the freshman plan of study is similar. Review the suggested Plan of study below.

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<td>CHM (112 or 116)</td>
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<td>F&amp;N 106 – Dietetic Majors Only</td>
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**Math** - Dietetics and Nutrition, Fitness and Health require 153 & 154 (College Algebra & Trigonometry), one semester of advanced math course will satisfy this requirement. Foods and Nutrition in Business requires 161 (Plane Analytic Geometry and Calculus I). Nutrition Science Requires 223 & 224 (Introductory Analysis I & II) or MA 161.

**Chemistry** - All majors require CHM 111 & 112 except for Nutrition Science which requires CHM 115 & 116.

**If you plan on graduate school or a professional school after completion of your BS we strongly suggest taking CHM 115 & 116, these are the premedical prerequisites.**

**F&N 105** - Nutrition in the 21st Century - explores the scope of nutrition and food safety

**F&N 106** - The Profession of Dietetics - a general overview of the profession and the path to becoming a RD - Dietetic Students only.

**COM 114** - Fundamentals of Speech Communications - Prepares students for public speaking. If the SAT verbal score is 550 or above and the student had one speech course in high school, they are a good candidate to test out of COM 114. If the student took 2 speech, debate, or public speaking courses they can automatically establish credit for this course.

**PSY 120** - Elementary Psychology- Students investigate the topics of personality, intelligence, emotion, abnormal behavior, attention, perception, learning, memory, and thinking
**ENGL 106** – First-Year Composition. Extensive practice in writing clear and effective prose. Instruction in organization, audience, style, and research-based writing.

**SOC 100** – Introductory Sociology – Students explore fundamental concepts, description, and analysis of society, culture, the socialization process, social institutions, and social change.

**Major Specific Courses**

**Nutrition Fitness and Health**
*HK 215* – Basic Health Studies - Examination of basic scientific concepts as applied to the problems and issues in selected areas of human health behavior, with particular attention to their influence on optimum health of the individual

**Foods and Nutrition in Business**
If PSY 120 completed SOC 100 not required
*HTM 191* – Sanitation and Health in Foodservice, Lodging and Tourism
*STAT 301* – Elementary Statistical Methods

**Nutrition Science & Preprofessional Students**
*BIOL 110 & 111* – Fundamentals of Biology I & II

**Coordinated Program**
Students who plan on completing the CPD in four years must complete *BIOL 203* and *204* their freshman year.

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**Double Majors**

All of the Foods and Nutrition Majors offer adequate elective hours for students to add combine two of the department’s majors into a double degree. The most popular combination is the Dietetics and Nutrition, Fitness and Health double major. Students who choose this combination are interested in sports nutrition, wellness programs and health promotion. Another popular combination is Dietetics and Foods and Nutrition in Business. Those who chose this combination are interested in a career in the food industry, such as product development or sales and other non-traditional careers for Registered Dietitians. Some students have combined Dietetics with Nutrition Science if they plan to pursue graduate work or medical school. In this scenario if the student chooses not to pursue medical school they have the undergraduate degree to pursue a career in dietetics.
Minors

Minors are truly an asset to the student who wants to increase their marketability when pursuing their first professional job. Purdue offers 69 minors for students. Popular minors for F&N students include psychology, communications, food science, child development and family science, foreign languages, and organizational leadership and supervision. Students planning to pursue graduate work often choose to a minor in biology, chemistry or biotechnology.

The Entrepreneurship and Innovation Certificate

The Undergraduate Certificate in Entrepreneurship and Innovation is a program offered through the Burton D. Morgan Center for Entrepreneurship in Purdue's Discovery Park. The purpose of the program is to inspire and prepare students in all majors to be entrepreneurs and innovators, whether they choose to work in start-up companies or large organizations. To earn the certificate students must complete a sequence of five courses (15 credits). These include two required introductory entrepreneurship courses, two courses focused on a discipline or industry of their choice, and one capstone or project-based course. Students may begin the program as early as their first year, or as late as the first semester of the junior year. More information is available at:
www.purdue.edu/dp/Entrepreneurship/programs/certificate/
**HONORS PROGRAM**

The program provides many learning opportunities while enabling you to independently explore an area related to your major academic interest. You will experience the challenges and rewards associated with planning and completing a research project. Throughout the Honors Program, you work under the guidance of a Faculty Honors Advisor. Successful completion of the project results in recognition including an Honors Degree (graduating with honors). You can apply for the Honors Program at any time during your college career.

**Eligibility**

- **First-year students** must have a combined SAT score (verbal and math only) of 1200, a 27 ACT score, or graduate in the top 10 percent of their high school class.
- **Current Purdue students and transfer students** must have a minimum GPA of 3.2 (or equivalent).
Study abroad can be an enriching and eye-opening adventure, in which learning expands the classroom walls into the world! Study abroad opportunities are flourishing in the Foods and Nutrition Department. New and exciting host sites are on the horizon for F&N students!

**Dublin Institute of Technology (DIT)** is located in the heart of the social, cultural, and business life of Ireland’s capital city. It is only a short flight to numerous European destinations for a scenic weekend get-a-way! Because of the quality education observed in the DIT students, the F&N faculty have approved a direct semester approval from DIT for F&N curriculum. This means that you can participate in Study Abroad and complete curriculum requirements. Enrich your education with an international foods and nutrition experience!

DIT’s Human Nutrition and Dietetic plan of study is an exclusive program that only accepts 20 Irish students nationwide. It is because of this elite status that we encourage only academically strong students with a classification of junior or above to participate. This Study Abroad experience is only offered in the fall semester. Strategic planning for this opportunity is necessary. If you are interested you must plan early with your advisor.

**Curtin University of Technology** is located in **Perth, Australia**. It is the largest university in Western Australia. Perth has a Mediterranean climate, which means the weather is fine and sunny. Even during the short mild winter the sun is usually shining!

Curtin is known for its excellent dietetic program, which is in the School of Public Health. The School is a growing leader in public health education and research in Australia and the South East Asia region. It also offers Health Promotions and Health Sciences, which opens the door for majors such as Nutrition, Fitness and Health to also participate in the exchange.

The program has a special strength in anthropometry, which is can be especially exciting for students majoring in Nutrition, Fitness and Health.

During **spring break** in 2008 and 2009, faculty and students explored the French countryside to research aspects of the **French Paradox** relating to nutrition, dietary patterns, and cultural practices.

Students enjoyed the peaceful surroundings of a French chateau between daily excursions to local farmers markets, a vineyard, an oil press and a chocolate maker. They also participated in a wine and cheese class as well as a cooking class.
The Foods and Nutrition Department holds student academic performance as high priority. Because of this philosophy the department will assist the student in anyway to achieve academic success. Student expectations are as follows:

- Students will attend classes, labs and recitations as scheduled.
- Students will develop academic relationships with instructors to assist in success in their courses.
- Students will seek out resources to assist in their academic success.
- Students will dedicate adequate time for studying, course preparation, and project completion.
  - Students should expect to spend an additional 3 hours per credit hour of time outside of class for studying and homework.
- Students receiving an "F" in a course pre-requisite will be automatically dropped from the subsequent course.
- No credit is awarded for courses in which an “F” is awarded. Therefore, students have not met the major’s requirements for graduation and must retake the course to meet graduation requirements. Due to the necessary sequencing to complete the F&N majors, receiving an "F" in a course that is a pre-requisite for a later course may increase by up to 2 years the time needed to complete the major.
- Student's receiving a "D" will be asked to see their academic advisor to discuss their goals in F&N majors. Students are highly encouraged to retake any course in the DPD in which the grade received is a “D”. Retaking a DPD course and receiving a higher grade will increase the student's probability of obtaining a Supervised Experience Program.
- F&N will enforce a grade of at least a “C” in F&N 330 and HK 421 as prerequisite courses to F&N 415. If a student receives a grade of “D” or “F” in F&N 330 or HK 421, the student will not be permitted to enroll in F&N 415.

When a course is repeated, both grades are visible, but only the most recent grade is used in GPA calculations.
If an equivalent course is taken at a college/university not affiliated with Purdue, only the credit will transfer. In this case, the newly established credit supersedes the original grade in grade point average calculations. Although the original course and grade will still be visible on the transcript, the course will no longer figure into the GPA.

Courses taken elsewhere that are not evaluated by Purdue as exact equivalents of Purdue courses are posted on the student's transcript as “Undistributed” (UND) credit, e.g. CHM UND for Undistributed Chemistry credit. This credit will not replace a previous grade earned at Purdue.

**SUMMER SESSION AT PURDUE UNIVERSITY**

*WEST LAFAYETTE*

The summer session at Purdue (West Lafayette) is divided into three four-week modules. Module 1, commonly known as “Maymester,” runs from mid-May through mid-June. Modules 2 and 3, the regular summer session, run from mid-June through the beginning of August. A few courses are offered for four weeks only during Module 2 or 3. The same amount of material is covered during a Maymester or regular summer session course as in a standard 16-week semester.

**WHAT COURSES ARE AVAILABLE?**

The selection of courses is limited during the summer sessions. Courses are listed on-line on the summer Schedule of Classes.

General education electives are available during both the Maymester and regular summer session. Some Health and Kinesiology courses are offered during the summer as well.

**HOW MANY CREDIT HOURS ARE APPROPRIATE?**

Students may register for up to four credit hours for Maymester and up to nine for the regular summer session.

A flat fee is billed to students who register for between six and nine credit hours over the entire summer session.

Students who register for fewer than six credit hours or more than nine credit hours will be billed on a per credit-hour basis.

*The tuition calculator and fee chart are both available at www.purdue.edu/bursar.*

Summer housing and meal plan information is available from the University Residences
TO REGISTER FOR SUMMER SESSION CLASSES:
Research possible classes on the summer Schedule of Classes on-line. Select the divisions (times) of the classes. This is allowed only during the summer session.
Meet with your academic advisor during your fall registration appointment to discuss you summer registration and if it is right for you. Summer and fall registration are concurrent.

**SUMMER SESSION AT PURDUE UNIVERSITY**
*(REGIONAL CAMPUSES)*

Purdue courses taken at a Purdue regional campus (Calumet, North Central, IUPUI, and IP-Fort Wayne) typically transfer back to the Purdue West Lafayette Campus with both credits and grades.

The Registrar's equivalency course list is available at [www.purdue.edu/Registrar/InternalOps/CourseLists/index.htm](http://www.purdue.edu/Registrar/InternalOps/CourseLists/index.htm).

Regional Campuses visit the West Lafayette campus during the spring semester to register students for summer courses. Be sure to watch your e-mail for alerts about those dates.

**SUMMER COURSES AT ANOTHER UNIVERSITY**

1. Determine which Purdue University course you would take if you were staying here.
2. Go on-line to the university you are interested in studying at and find the corresponding course.
   - Write down the course number, title and number of credit hours.
   - Print out the course description to attach to the CTR Form 5.
3. Go to Schleman Hall, Room 108 (the Office of Transfer Credit Evaluation) and fill out a CTR Form 5. Attach the course description.
4. Once the CTR Form 5 has been evaluated by the Office of Transfer Credit Evaluation and reviewed by your academic advisor, it will be mailed to the address listed at the top of the form.
   - Verify that the proposed course will satisfy Purdue requirements.
   - Equivalent courses will transfer to Purdue as credit only (no grade).
   - A grade of C or higher is required in the course for it to transfer.
   - Allow at least three weeks for the course to be evaluated.
5. Register for the course at the other school.
6. Contact your advisor once the course has started to change your fall schedule, if the course was on your fall schedule.
7. Complete course at the other school with a grade of C or better.
   • If you do not complete the course with a grade of C or better, contact your advisor to change your fall schedule.
8. Have other school send an official transcript to Purdue University Office of Admissions, 475 Stadium Mall Drive, West Lafayette, IN 47907-0544.
9. Confirm that the course was posted to your transcript.
   • This may take six to eight weeks.

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**Scholarships**

The majority of scholarship opportunities are at the University level; admitted students are automatically reviewed for eligibility, requiring no additional applications or forms.

Numerous scholarships are available for all F&N students through university, college and departmental as well as outside scholarship funding. Typically scholarships require students to be at least of sophomore standing. However, this is not the standard; therefore keep checking the bulletin board outside of Stone 213 as well as your e-mail during the spring semester for scholarship opportunities.
Resources at Purdue are plentiful; these are only beneficial if a student utilizes them. Utilization, though, does not simply mean attending a help session or resource room. Be an active learner! Take notes, ask questions, and be involved in the learning process. Weekly use of resources is also a good idea and the earlier in the semester, the better. Don’t wait until a problem occurs. It is also advisable to use a combination of resources rather than relying on only one.

Academic Resources

ACADEMIC SUCCESS CENTER
BRNG 3268, 494.5569, www.cla.purdue.edu/asc
Student consultations with professional staff members are available on a walk-in basis; appointments can also be made. The service is free to students. The center offers short courses on improving reading and study skills, and workshops on topics such as time management and procrastination, and much more.

BIOLOGY RESOURCE CENTER
LILY G414C 494.5310, MONDAY-THURSDAY 9-9; FRIDAY 9-4
www.bio.purdue.edu/Academic/undergrad/brc.htm
Special Hours During Final Exams, Individual Tutoring By Appointment
The Biology Resource Center serves the academic needs of all undergraduates with particular attention paid to first and second year students. The mission of the BRC is to improve the academic performance of all students by providing excellent tutoring services and resources directed toward the following goals: 1) Improve learning and study skills, particularly in Biology courses 2) Encourage undergraduate students to pursue careers in Biology Sciences.

BOILER COPYMAKER
PMU 157 496.3888, www.purdue.edu/printingservices/contact/bcm.htm
Copies of old exams are available to assist in studying.

CENTER FOR CAREER OPPORTUNITIES (CCO)
STEW 194, 494.3981, www.cco.purdue.edu/
The CCO offers career counseling and career exploration, career books, catalogs, and occupational information files. It fosters decision-making skills, information gathering, and self-evaluation. No appointment is necessary.

CHEMISTRY RESOURCE ROOM
WTHR 117, open 7 days a week, hours vary, www.chem.purdue.edu/rroom
Help for general chemistry is provided in this room. The room is run by a member of the Chemistry Department and is staffed by graduate and undergraduate chemistry,
chemical engineering and pharmacy majors. Tutor lists are posted outside of the Resource Room.

MATH DEPARTMENT HELP ROOM
*MATH 205, daytime hours vary, www.math.purdue.edu/academic/officehours*
The staff provides tutoring for 100- and 200-level math courses. Graduate teaching assistants staff the room and help is given on a first-come, first-served basis. Lists of tutors-for-hire are available at www.math.purdue.edu/academic/tutor

PHYSICS HELP CENTER
*PHYS 139, Hours posted on the door and at: www.physics.purdue.edu/class/services/hc172.pdf*
One-on-one help in solving problems and understanding concepts is available at the Physics Learning Center starting the second week of classes.

WRITING LAB/ON-LINE WRITING LAB
*HEAV 226, 494.3723, owl.english.purdue.edu/index.asp*
Teaching assistants offer free help with papers/reports, resumes, job applications, internship and co-op reports, and learning English as a second language. Other services include tutorials, handouts, a grammar hotline, and a variety of workshops and brochures.

Web-Based Learning Resources, Course Home Pages and Private Tutors

The following web sites provide additional resources including practice problems and exam questions, nomenclature quizzes, and walk-through solutions.

CHEMISTRY
*General Chemistry Help Homepage: www.chem.purdue.edu/rroom/general.htm*
*Visualization & Problem Solving for Chemistry: www.chem.purdue.edu/gchelp*

MATH
*An index of math course pages: www.math.purdue.edu/courses/index.php*
*Exam archives: www.math.purdue.edu/academic/courses/oldexams*
*Karl’s Calculus Tutorial: www.karlscalculus.org/calculus.html*
PHYSICS

Course Homepages and Primary Instructor Contact List:
www.physics.purdue.edu/academic_programs/courses/current_session_ugrad.shtml

Java Simulations:
www.physics.purdue.edu/academic_programs/courses/applets.shtml

PRIVATE COURSE TUTORS

Private course tutors can be found on myPurdue

Math: Tutor lists are available at www.math.purdue.edu/academic/tutor

Personal Help on Campus

BOILER VOLUNTEER NETWORK (BVN)

STEW G4, 496.2450, www.purdue.edu/odos/sao/bvn/
The BVN office coordinates volunteer opportunities and provides resources for students, faculty and staff who are looking for a substantial connection to the Lafayette-West Lafayette community. The office links students, faculty and staff with fulfilling volunteer opportunities in the community.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

PSYC 1120 and PUSH 246, 494.6995, www.purdue.edu/CAPS/
CAPS is staffed by a team of trained professionals who deliver psychological services to Purdue students. Eight sessions are available free of charge to full time students. Assessments for learning disabilities and AD/HD are available by referral.

Disability Resource Center

YONG 830, 494.1247, www.purdue.edu/odos/drc/
This office provides services that enable and encourage students with disabilities to achieve success. The Adaptive Programs staff works with the wider University community to ensure and facilitate eligible students’ access to academic and extracurricular activities.

GRIEF GROUP

SCHL 236, 494.1252 (Lou Ann Hamilton),
www.purdue.edu/odos/counsel/grievgroup.htm,
lahamilton@purdue.edu
Weekly groups meetings are offered for students who have lost a loved one or friend.
GROUP COACHING: AD/HD
PSYC 1176, 494.5860 (Rob Mate), 494.6995 (Gail Polles);
www.purdue.edu/odos/counsel/adhdgroup.html
This group is for any student who has been diagnosed with AD/HD. The coaching technique used facilitates skill development; provides support, structure and feedback; and encourages the development of student accountability.

HORIZONS STUDENT SUPPORT PROGRAM
SCHL 230, 494.7094, www.purdue.edu/horizons/
Horizons is a federally funded program that assists first-generation and income-eligible students in becoming academically successful at Purdue University. Participating students receive personal mentoring, counseling, tutoring and academic success strategies.

INTERNATIONAL STUDENTS AND SCHOLARS (ISS)
SCHL 136, 494.5770, www.iss.purdue.edu/
ISS seeks to enhance the academic, cultural, and social pursuits of students and scholars from abroad through knowledge and expertise in admissions, immigration, advising, and cross-cultural programming.

OFFICE OF THE DEAN OF STUDENTS (ODOS)
SCHL 207, 494.1747, www.purdue.edu/ODOS/
The ODOS offers personal, academic, and career counseling; short-term emergency loans; assistance to students with disabilities; mediation of off-campus housing issues; testing; and a wide array of other services.

OFFICE OF STUDENT RIGHTS AND RESPONSIBILITIES
SCHL B50, 494.1250, www.purdue.edu/ODOS/osrr/
This office deals with issues of conduct, academic integrity, grade appeals, student-teacher relations, harassment, on-line academic integrity, e-mail usage and technology misuse, interpersonal violence, victim-offender issues, alcohol and drugs, landlord-tenant disputes, student records (FERPA), and the honor code.

PURDUE COUNSELING AND GUIDANCE CENTER
BRNG 3202, Mon-Fri, 494.9738, pcgc@purdue.edu,
www.edst.purdue.edu/cd/pcgc/
Staff members are qualified graduate counseling students in training who are supervised by faculty from the Counseling and Development Program. The center assists people with a variety of educational, career, and personal concerns. There is no charge for individual counseling services, tests or inventories that might be administered as part of the counseling process.
PURDUE INDIVIDUAL, COUPLE, AND FAMILY THERAPY CLINIC
Fowler Memorial House, 494.2939,
www.cfs.purdue.edu/mft/clinic.html
The clinic is staffed by supervised graduate student therapists specializing in individual,
couple and family therapy, many with years of experience. Fees start at $10 per 50-
minute session, calculated on a sliding scale.

STUDENT ACTIVITIES AND ORGANIZATIONS
SCHL 250, 494.1231, www.purdue.edu/odos/sao
Involvement is a key part of a successful college experience. With over 700 recognized
student organizations, there is everything from the Chess Club to the Dance Team to
Intercollegiate Horsemanship to the Latino Student Union to the Liberal Arts Student
Council. SAO provides students with information on activities and how to become an
active member.

SURVIVORS OF SUICIDE
SCHL 277, 494.1252 (Lou Ann Hamilton), lahamilton@purdue.edu,
www.purdue.edu/odos/counsel/suicide.htm
Weekly group meetings are designed to assist students who have lost family members
and friends to suicide.

TACTILE ACCESS TO EDUCATION FOR VISUALLY IMPAIRED STUDENTS
(TAEVIS)
YONG 850, 496.2856, www.taevisonline.purdue.edu/
TAEVIS utilizes a variety of alternative formats to provide access for students who are
blind, visually impaired, or have other print disabilities. Students can request services
through Adaptive Programs.

Other Helpful Websites

Alphabetical List of Services
www.purdue.edu/VPSS/services/services.php

Vice Presidents for Student Services links (Includes CODO-
Change of Degree Objective - information)
www.purdue.edu/VPSS/students.php

Medical Information
www.purdue.edu/PUSH/

Purdue Directory
www.itap.purdue.edu/directory
**STUDENT INVOLVEMENT**

Student learning is not only achieved in the classroom but throughout the academic journey including experience like clubs, societies and service learning projects. We encourage you to get involved not only in the department, but with the university as well as community. Visit the Dean of Students website to view all student organizations. [www.purdue.edu/ODOS/sao/](http://www.purdue.edu/ODOS/sao/).

Listed below are organizations related to nutrition, health professions or community service.

The Foods and Nutrition Society  
The Food Science Club  
The Timmy Foundation Club  
The Purdue Pre-Dental Club  
The Purdue Pre-Optometry Club  
SHOTS – Students Helping Others Through Service  
The Pre-Physicians Assistant Club  
The Caduceus Club  
The Minority Students Association  
The CFS Student Council  
The CFS Ambassadors  
The Occupational Therapy/Physical Therapy Club

**REGISTRATION INFORMATION**

Last year Purdue University underwent a major change in how students register for class. MyPurdue is a registration system that allows students to register themselves for class with the days and times chosen by the student. Students must meet with their academic advisors to receive valuable information allowing them to register. Registration will begin after the first of November. For this to occur students must meet with their academic advisor to receive a PIN number that will allow them to register for their courses. **Students will be assigned their academic advisor after STAR.**

Once students have met with their advisor and have their PIN, they will be allowed to register during a designated timeframe, this is typically 1 week. The order for registration will be Priority group (Athletes, University Honor students, specific Adaptive needs students), Seniors, Juniors, Sophomores followed by Freshman. Classification is determined according to credit hours completed.

**How to prepare for advising session:**
Be sure to do your research. Start by going to myPurdue and check your registration status. This will inform you of any holds you have on your record, your status as well as your registration time, known as your time ticket. It may also benefit you to run a degree evaluation to assess your progress in your degree. Research your courses including times, prerequisites and other requirements. Remember you are ultimately responsible for timely progression in your major.

**Responsibilities of Students with Self-Registration**

Though you may have the ultimate power to drop a course at anytime, keep in mind a few points before dropping a course:
- How many credits you have remaining (12 hours is considered full time)
- Is the course a prerequisite for another course; is the course offered both semesters or only one semester a year
- How will this impact my timeline for graduation
- Have I talked this over with my advisor

**STAYING CONNECTED WITH THE DEPARTMENT**

The Foods and Nutrition Department has several avenues to stay connected with students throughout the year. We encourage you to visit the Bulletin Boards outside of Stone 213 frequently for new postings or job opportunities, scholarships, internships, student tips, events, etc. The department also publishes a weekly newsletter that is sent to all F&N students. Another avenue of communication is e-mail. We strongly encourage you to read all e-mails from the department. Be sure to start building your relationship with your academic advisor early in your academic career. They are a valuable asset to your education!

**PREPROFESSIONAL HEALTH STUDENTS**

We have numerous students who choose our majors as a preprofessional degree, meaning the student will pursue graduate school or a professional degree following completion of their BS. Our majors are a great undergraduate degree for medical school, dental school, physical therapy school and many more. Please be sure to inform your advisor of your career intentions to receive vital information that Purdue offers to our students. For the preprofessional student we strongly advise the student to take advantage of Purdue’s Health Professions Advisor, Amy Terstriep, PhD., Lilly 1-123, 494-4747. Email
WHAT I SHOULD BE DOING AS A FRESHMAN TO PREPARE FOR MY PROFESSIONAL CAREER?

As you settle into your life at Purdue your profession career may seem like a distant vision in your future. Despite the distance that lies between you and your dream job, the preparation for that career does not begin with preparing a resume and practicing for interviews in 4-5 years, it begins now! Experiences that add depth to your interviews and build resumes do not suddenly appear on your resume. They are a result of commitment, hard work and persistency throughout your academic journey.

Needless to say grades should be your top priority as a freshman. The transition from high school to college can be difficult. With larger class sizes, teaching strategies that are different from what you are accustomed and your new found freedom, it is easy to lose focus on the importance of grades. Keep in mind for dietetic internships, graduate school and professional health schools grades are the first thing evaluated!

As a freshman you may think “What can I do to impact my future now with little experience in the field?” Like most careers you must start at the bottom and work your way up! Your second priority should be exploring the profession. (F&N 106 will help students discover what dietitians are and how they function in their professional careers.) Despite the class each of you are strongly encouraged to shadow a professional in your area of interest to make sure this is the right fit for you! One suggestion is that you chose a professional who enjoys their job and is willing to discuss openly all aspects of the job.

The third thing to do is get involved! You ask in what...the answer is whatever interests you! The Foods and Nutrition Society is a great place to start. This will help you network with other students, investigate career opportunities, get involved in community services and much more! Numerous other clubs, societies and service learning organizations are available on campus. Getting involved earlier in your career will benefit you by gaining experience, building leadership skills and building your network. These are all beneficial to have listed on a resume! We encourage you to become a member of your professional organization as well. Most have student memberships at discounted rates.

at prehealth@purdue.edu. Dr. Terstriep is a wonderful resource for health professional schools, preparation and much more. Visit the Health Professions Advising website at www.purdue.edu/prehealth.
Popular professional memberships include the American Dietetic Association, the American College of Sports Medicine, and the Institute of Food Technologists.

Towards the end of your freshman year be thinking about summer work experience. Many students start at the bottom of the ladder in foodservice building relationships with staff and dietitians. As you gain experience and knowledge through your course work this opportunity and lead to much better summer positions in the future!

**Examples of Summer Employment by Major**

**Dietetics**
- Foodservice in Hospitals and Nursing Homes
- Catering
- Volunteer at hospitals, clinics and agencies related to F&N
- Shadow various dietitians in various practice areas
- Work in the clerical staff at a diabetes center, dialysis center, or agencies like WIC that would allow you to closely observe a RD

**Foods and Nutrition in Business**
- Work in broadcasting or for a publication as summer help
- Public Relations firm
- Catering
- Any position within a food business (dairy, food processing plant, etc)

**Nutrition, Fitness and Health**
- Fitness Centers
- Worksite Wellness Programs
- Work in the clerical staff in cardiac rehab, fitness centers, etc that would allow you to closely observe your area of interest

**Nutrition Science**
- Lab assistant
- If you are a preprofessional health student, look for ways to either shadow your desired profession or apply for positions that would allow you to observe the profession. Examples include
  - ER clerk to observe MD in ER
  - Clerical staff in MD, PT, DO office