To the Incoming Class of 2013:

It is my pleasure to welcome you to the Nutrition Science family! I am delighted you have chosen to pursue a career related to nutrition science. We are a rapidly growing department of nearly 400 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

Connie Weaver
Department Head, Distinguished Professor
Department of Nutrition Science
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Departmental Overview

The Nutrition Science Mission:

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

History

The study of foods and nutrition at Purdue started in 1905, when the Department of Household Economics was established in the School of Science. In 1937 the School of Home Economics was created and the Department of Foods and Nutrition was an original department. Home Economics became the College of Consumer and Family Sciences (CFS) as times and education focus changed. The College of Health and Human Sciences was created in 2010 as a visible expression of Purdue's commitment and participation in the life sciences. Nine units came together to form the current College: Psychology and Health & Kinesiology (from Liberal Arts); the Schools of Nursing and Health Sciences (from College of Pharmacy) and the departments of Hospitality and Tourism, Consumer Sales and Retailing, Child Development and Family Services (now Human Development and Family Sciences), and Foods and Nutrition (all the departments of CFS). The new college is ranked 2nd in size among the 12 schools at Purdue and is led by Dean Christine M. Ladisch.

The Department is nationally known for its excellence in research and education programs. Dr. Connie Weaver has been the Department Head since 1991.

July 2011 the Department of Foods and Nutrition became the Department of Nutrition Science.

Research

The Nutrition Science department has four signature areas of research which shape the department’s future in regards to resources and faculty. The areas include Bone Health, Appetite, Metabolism and Obesity, Botanicals for Age-Related Diseases, and Cancer Prevention.

Bone Health

Collaboration between researchers in the Department of Nutrition Science, 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.

Appetite, Metabolism, and Obesity

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 and Bioactives for Age-Related Diseases**
The Botanicals Research Center for Age-Related Diseases was 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**
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 nutrition science faculty are involved in projects at the multidisciplinary Purdue Cancer Center.

**Signature Areas’ impact on the “Undergraduate Experience”**
As the signature areas shape faculty research at Purdue, they also impact the undergraduate experience. The information brought into the classroom, as well as the unique experiences offered to NUTR 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 NUTR 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 to strengthen their educational experience.
**Majors**

**Dietetics**

This major is 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. Some 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 graduate or are accepted into an internship or the Coordinated Program. 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. It is considered an accelerated pathway to receiving your degree as well as supervised practice here at Purdue. Students apply to the Coordinated program in the fall of their junior year.

**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 wellbeing, 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.

Professional School

Any of our majors will prepare you for graduate/professional school. We recommend including the required prerequisites for the desired program you are pursuing.
Advising Staff

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 Nutrition Science 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. Krueger 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 registration appointments and/additional contacts as needed 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
- 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

| Wayne Campbell, PhD  
Professor  
campbewayw@purdue.edu  
494-8228 |
|---|
| Kimberly Buhman, PhD  
Associate Professor  
buhman@purdue.edu  
494-8228 |
| Jay Burgess, PhD  
Associate Professor  
burgesjw@purdue.edu  
494-8228 |
| Nana Gletsu Miller, PhD  
Assistant Professor  
gletsum@purdue.edu  
765-494-9462 |
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fleet@purdue.edu  
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| Cj Krueger, RD, CD  
Undergraduate Coordinator  
Kruegerjw@purdue.edu  
494-6566 |
| Megan McCrory, PhD  
Assistant Professor  
mccmrjw@purdue.edu  
494-8228 |
| Barbara Mayfield, MS, RD  
Continuing Lecturer  
mayfield@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 109
Bursar □ 494.7570; HOVD 130
Financial Aid □ 494.5050; SCHL 305
Information Technology (ITaP) □ 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 □ 494-3108; RSC

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

Nutrition Science Main Office - 494-8228
### Purdue University Academic Calendar 2013-14

#### West Lafayette Campus

**2013 FALL SEMESTER (201410)**

<table>
<thead>
<tr>
<th>AUGUST 2013</th>
<th></th>
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<tbody>
<tr>
<td>Monday 19</td>
<td>CLASSES BEGIN</td>
</tr>
<tr>
<td>Friday 23</td>
<td>Last day for late registration</td>
</tr>
</tbody>
</table>

**SEPTEMBER**

| Monday 2 | Last day to cancel a course assignment without it appearing on record |
| Monday 2 | LABOR DAY (No Classes) |
| Monday 16 | Last day to withdraw a course with a grade of W or to add/drop a course with instructor and advisor signature |
| Monday 30 | Last day for grade correction for 2013 spring semester and summer session |

**OCTOBER**

| Mon-Tues 7-8 | OCTOBER BREAK |
| Wednesday 23 | Last day to withdraw from a course with a W or WF grade |
| Wednesday 23 | Last day to add/drop a course with instructor, advisor and department head signatures |

**NOVEMBER**

| Thursday 14 | Deadline for pending incomplete grades to become failing grades |
| Wed-Sat 27-30 | THANKSGIVING VACATION |

**DECEMBER**

| Saturday 7 | CLASSES END |
| Mon-Sat 9-14 | FINAL EXAMS |
| Monday 15 | SEMESTER ENDS |
| Sunday 17 | COMMENCEMENT (1st Div.) |
| Tuesday 17 | COMMENCEMENT (2nd Div.) |

**2014 SPRING SEMESTER (201420)**

<table>
<thead>
<tr>
<th>JANUARY 2014</th>
<th></th>
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<tbody>
<tr>
<td>Monday 13</td>
<td>CLASSES BEGIN</td>
</tr>
<tr>
<td>Friday 17</td>
<td>Last day for late registration</td>
</tr>
<tr>
<td>Monday 20</td>
<td>MARTIN LUTHER KING JR. DAY (No Classes)</td>
</tr>
<tr>
<td>Monday 27</td>
<td>Last day to cancel a course assignment</td>
</tr>
</tbody>
</table>

**FEBRUARY**

| Monday 10 | Last day to withdraw a course with a grade of W or to add/drop a course with instructor and advisor signature |
| Monday 24 | Last day for grade correction for 2013 fall semester |

**MARCH**

| Monday 10 | Second Eight-Week Courses Begin |
| Mon-Sat 17-22 | SPRING VACATION |
| Monday 24 | Last day to withdraw from a course with a W or WF grade |
| Monday 24 | Last day to add/drop a course with instructor, advisor and department head signatures |

**APRIL**

| Tuesday 8 | Deadline for pending incomplete grades to become failing grades |
| Saturday 3 | CLASSES END |
| Mon-Sat 5-10 | FINAL EXAMS |
| Saturday 10 | SEMESTER ENDS |
| Tuesday 13 | GRADES DUE |
| Friday 16 | COMMENCEMENT (1st Division) ** |
| Saturday 17 | COMMENCEMENT (2nd Division) |
| Sunday 18 | COMMENCEMENT (3rd Division) |

**MAY**

| Saturday 3 | CLASSES END |
| Mon-Sat 5-10 | FINAL EXAMS |
| Saturday 10 | SEMESTER ENDS |
| Tuesday 13 | GRADES DUE |
| Friday 16 | COMMENCEMENT (1st Division) ** |
| Saturday 17 | COMMENCEMENT (2nd Division) |
| Sunday 18 | COMMENCEMENT (3rd Division) |

**2014 SUMMER SESSION (201430)**

**JULY**

| Friday 4 | INDEPENDENCE HOLIDAY OBSERVED (No Classes) |

**AUGUST**

| Friday 8 | 2nd 6-WEEK & 8-WEEK MODULE ENDS* |
| Saturday 9 | COMMENCEMENT |

**TENTATIVE DATES FOR 2014-15**

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<th>FALL SEMESTER</th>
<th>SPRING SEMESTER</th>
<th>SUMMER SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>M. L. King Jr. Day</td>
<td>Memorial Day</td>
</tr>
<tr>
<td>October Break</td>
<td>Spring Break</td>
<td>Independence Day</td>
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<tr>
<td>Thanksgiving Vacation</td>
<td>March 16-21 (Mon-Sat)</td>
<td>Commencement</td>
</tr>
<tr>
<td>Commencement</td>
<td>May 15, 16, 17 (Sat, Sun)</td>
<td>Commencement</td>
</tr>
</tbody>
</table>

**Subject to change**
### 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>
</table>
| Aug 19 - Aug 25  
Week 1 | Aug 19 - Aug 21 | Oct 16 - Oct 18 | (COURSE SPACE AVAILABILITY REQUIRED) Students may add courses via myPurdue. |
| Aug 26 - Sept 16  
Week 2 - 4 | Aug 22 - Aug 30 | Oct 21 - Oct 29 | Advisor and Instructor  
Take completed Form 23 to Office of the Registrar for processing (Hawke 45). |
| Aug 30 | Aug 23 | Oct 22 | Last day to audit a course, a Registrar Audit Form is required & can be obtained in Hawke Hall, Room 45. |

****** EXTENUATING CIRCUMSTANCES ONLY ******

- Sept 17 - Oct 23  
Week 5 - 9 | Sept 3 - Sept 18 | Oct 30 - Nov 15 | Advisor, Instructor, and Head of Department in which the course is listed.  
Take completed form to Office of the Registrar for processing (Hawke 45). |

### 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>
</table>
| Aug 19 - Sept 2  
Weeks 1 - 2 | Aug 19 - Aug 25 | Oct 16 - Oct 22 | No signatures (Course not recorded)  
Students may drop courses via myPurdue. |
| Sept 3 - Sept 16  
Weeks 3 - 4 | Aug 26 - Aug 30 | Oct 23 - Oct 29 | Advisor (Course recorded with a grade of "W")  
Take completed Form 23 to Office of the Registrar for processing (Hawke 45). |
| Sept 17 - Oct 23  
Weeks 5 - 9 | Sept 3 - Sept 18 | Oct 30 - Nov 15 | 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 (Hawke 45). |

### REFUND PERCENTAGE OF FEES & TUITION FOR COMPLETE WITHDRAWAL

<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 19</td>
<td>Before Aug 19</td>
<td>Before Oct 16</td>
<td>100%</td>
</tr>
</tbody>
</table>
| Aug 19 - Sept 2  
| Sept 3 - Sept 16 | Aug 26 - Aug 30 | Oct 23 - Oct 29 | 60% |
| Sept 17 - Sept 30 | Sept 3 - Sept 9 | Oct 30 - Nov 5 | 40% |
| After Sept 30 | After Sept 9 | After Nov 5 | NONE |

### LEGEND

- 16 weeks = courses meeting full 16 week semester  
- 1st 8 weeks = courses meeting 1st 8 weeks only  
- 2nd 8 weeks = courses meeting 2nd 8 weeks only

- 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 494-6665.

3/1/2013
Academic Integrity, Academic Dishonesty and Purdue University

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/purdue/about/integrity_statement.html
Privacy – Students, Parents and Purdue in Partnership

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/SSTA/certifications/status.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 Nutrition Science 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 Nutrition Science 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 Nutrition Science office to get the information.
**Freshman Curriculum Overview**

Despite the four majors offered through the NUTR Department, the freshman plan of study is similar. Review the suggested plan of study below.

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
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<tbody>
<tr>
<td>NUTR 105</td>
<td>CHM (112 or 116)</td>
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<tr>
<td>NUTR 106 – Dietetic Majors Only</td>
<td>1</td>
</tr>
<tr>
<td>MA (153, 158 or 231)</td>
<td>3</td>
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<tr>
<td>CHM (111 or 115)</td>
<td>3-4</td>
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<td>COM 114</td>
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<td>BIOL 110</td>
<td>4</td>
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<td>15-16</td>
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</tbody>
</table>

**Math** – Dietetics and Nutrition, Fitness and Health require 153 & 154 (College Algebra & Trigonometry), but one semester of advanced math course will also satisfy this requirement. Foods and Nutrition in Business and Nutrition Science require 161 (Plane Analytic Geometry and Calculus I) or 231 & 232 (Introductory Analysis I & II).

**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.**

Dietetics, Nutrition, Fitness and Health and the Coordinated Program in Dietetics do NOT require organic chemistry lab.

**NUTR 105** – Nutrition in the 21st Century – explores the scope of nutrition and food safety.

**NUTR 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 has SAT verbal score of 550 or above and 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

Coordinated Program
Students who plan on completing the CPD in four years must complete BIOL 203 and 204 their freshman year. Organic Chemistry the following summer.
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 Nutrition Science 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. Visit [http://www.cfs.purdue.edu/fn/undergraduate/majors/majors.html](http://www.cfs.purdue.edu/fn/undergraduate/majors/majors.html) for a list of the available minors.

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/entr/academics/requirements.php](http://www.purdue.edu/dp/entr/academics/requirements.php)
Study Abroad

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 Nutrition Science Department. New and exciting host sites are on the horizon for Nutrition Science students! Office Young 105, 494-2383

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 Nutrition Science faculty has approved a direct semester approval from DIT for Nutrition Science 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. Strategic planning for this opportunity is necessary. If you are interested you must plan early with your advisor or Megan McCrory.

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 a especially exciting for students majoring in Nutrition, Fitness and Health.

During spring break or Maymester, faculty and students explore the French countryside to research aspects of the French Paradox relating to nutrition, dietary patterns, and cultural practices in the culture and Food of France study abroad experience.

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
Academic Expectations

The Nutrition Science 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 Nutrition Science 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 Nutrition Science 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.
- Nutrition Science will enforce a grade of at least a “C” in NUTR 330 and HK 421 as prerequisite courses to NUTR 415. If a student receives a grade of “D” or “F” in NUTR 330 or HK 421, the student will not be permitted to enroll in NUTR 415.

Grade Replacement

When a course is repeated, the last grade earned is used in the calculation of the student's overall grade point average. No grade is ever physically removed from a transcript. This means that all grades earned at Purdue University, either on the West Lafayette campus or on a regional campus, appear on the transcript.
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**. An equivalent course may be used when authorized by the faculty member in charge of said course. Transfer credits from other colleges and universities may be used to fulfill degree requirements, but cannot be used to remove Purdue recorded grades from GPA calculations.

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.

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**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 Office at 494-1000.

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 your summer registration and if it is right for you. Summer and fall registration are concurrent.

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**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

Purdue Transfer Credit Database

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.

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**Summer Courses at another University**

Refer to the Purdue Transfer Credit Database available at www.purdue.edu/Registrar For courses not listed in the Database, consult with your advisor.
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 Nutrition Science 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

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
ENAD 242, 494.5569,
www.purdue.edu/studentsuccess/academic/asc/index.html
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, 494-6145, MONDAY-THURSDAY 9-5; FRIDAY 11:30-2:30
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/mainnav/satellitecenters/aboutcenters.html
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 117A&B, open 7 days a week, hours vary, 494-5200
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, 494-1991*  
[www.math.purdue.edu/academic/courses/helproom](http://www.math.purdue.edu/academic/courses/helproom)  
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](http://www.math.purdue.edu/academic/tutor)

**PHYSICS HELP CENTER**  
*PHYS 139, 496-1738, Hours posted on the door and at:*  
[www.physics.purdue.edu/class/services/hc172.pdf](http://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*  
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/](http://www.chem.purdue.edu/)  
*Visualization & Problem Solving for Chemistry:*  
[www.chem.purdue.edu/gchelp](http://www.chem.purdue.edu/gchelp)

**MATH**  
*Exam archives:* [www.math.purdue.edu/academic/courses/oldexams](http://www.math.purdue.edu/academic/courses/oldexams)  
*Karl’s Calculus Tutorial:* [www.karlscalculus.org/calculus.html](http://www.karlscalculus.org/calculus.html)
PHYSICS
Course Homepages and Primary Instructor Contact List:
www.physics.purdue.edu
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/bvn/, bvn@purdue.edu
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 207, 494.1747
www.purdue.edu/odos/counseling/beyondwhy.php
Weekly groups meetings are offered for students who have lost a loved one or friend.
GROUP COACHING: AD/HD

PSYC 1176, 494.6995 (Don Werden);

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/odos/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/counseling_psychology/PCGC.html

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.
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/counseling/resources.php
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
YONG 830, 494.1247, www.purdue.edu/odos/drc
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/VPSA/services/

Vice Presidents for Student Services links
www.purdue.edu/vpsa/mission/

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.getinvolved.purdue.edu](http://www.getinvolved.purdue.edu)

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

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

Registration Information

During Star and for subsequent semesters students will register for classes using My Purdue. This 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 spring classes. 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 Nutrition Science 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 Nutrition Science 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., Yong 828, 496-2690. Email 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.

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. (NUTR 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 Nutrition Science 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.
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