

NUTR 2360 – Nutrition Science Frequently Asked Questions

The following questions are answered in this document. To save time, please check this, the syllabus, and the announcements on Canvas before emailing me with questions.

1. How do I find our Zoom classroom?
2. Should I buy the book?
3. Do I have to purchase access to Connect?
4. I have a question. Who should I contact?
5. How should I email Mrs. Menge and when should I expect a response?
6. What if I miss a class?
7. What if I miss an exam?
8. What if I know in advance that I'll miss an exam or want to take it early?
9. Can I skip the final?
10. What if I did poorly on an exam?
11. What are good study tips for exams?
12. Where can I get extra help?
13. How do I calculate my grade?
14. How can I raise my grade? Is there any extra credit?
15. Do you curve any grades?

1. How do I find our Zoom classroom?

***To access the Zoom virtual classroom on the date of the class, you will need to log on to Canvas, view our course page, and follow these important steps.**

1. View the Navigation Bar on the far left of our course page and click on **"Syllabus"**.
2. Find the date of the class you want to enter from the list of meetings.
3. Click **"Syllabus"**, you will find the **Zoom Meeting ID: 929 5816 7332** and the link:
<https://txstate.zoom.us/j/92958167332?pwd=QmYlUmNiZFhFNuYvdUNINTFxdGpRZz09>
4. When you open the link, you may be prompted to download Zoom or to "Launch Application". Click, "Open Link".
5. A message may prompt to you to "Sign In to Join". Enter your Texas State email (or Net ID) and password.
6. You may also be prompted to enter a pass code. Please use the following **PASS CODE: 2360002**
7. *Once you have entered our Zoom classroom, be sure that the name that appears on your screen MATCHES your name listed on CANVAS. Your name on Zoom will be used for tracking attendance.*

2. Should I buy the book?

Connect Access: For this course, you will be **required** to purchase McGraw-Hill Education Connect® access for *Wardlaw's Perspectives in Nutrition*. 11th Edition. You may choose not to buy a printed copy of the text because Connect contains the full reading experience. *Please be aware if you purchase a used textbook you will also need to purchase Connect access to complete ALL required assignments.* You may purchase the textbook on the campus bookstore. You may also purchase Connect access, which includes the eBook, by logging onto our Canvas class site. Please follow the instructions in this link: <https://www.mheducation.com/highered/support/connect/first-day-of>

class/canvas.html. You will be directed to “enter your email to join this class”. From there you will be directed to a page to register for the course. You will then be shown several purchasing options. ***If you purchased the book through the university bookstore, you will enter your access code on this page.** Be sure to purchase either the physical book with Connect access or the eBook with Connect access.

Benefits of buying:

- This edition of the textbook is offered as an E-book so it can be read on any device and you don’t have to lug a book around. Additionally, it includes LearnSmart which helps students identify the important information in the book and to test their understanding.
- The purchase of McGraw-Hill Education Connect® also enables the use of NutritionCalc Plus software which we will be using for dietary case study assignments.
- Some students feel like they get a lot out of reading the material in one central place (the textbook).
- It has many of the same figures as in the notes, but has some in finer detail and with more detailed figure legends. It can be a helpful resource in the future, especially for nutrition students.

3. Do I have to purchase McGraw-Hill Education Connect® access?

Yes you do. Connect® is the online module used in this course for all exams, quizzes, and case studies. See question #1 for how to access Connect®.

4. I have a question. Who should I contact?

You should go through this list in order.

- **Ask your question during class in the chat on Canvas or Zoom.** Then other students, my teaching assistants, or I can answer your question immediately.
- **Check the Syllabus on Canvas.** Your question may have already been answered in the document.
- **Ask an teaching assistant.** She is available through email to answer questions before and after class. Do not contact her about making up points from absences or other special circumstances. She can answer questions about class content and assignment instructions.
- **Contact Dr. Zhu.** See the question below for how to contact me and when I will respond.

5. How should I email Dr. Zhu and when should I expect a response?

- First, **please make sure your question has already be answered by looking at the syllabus, FAQs, announcements, or assignment instructions or by contacting an instructional assistant.** If it is a question that can be answered by looking at available resources, I may not respond. If your question is urgent, you should come to my virtual office hours.
- Send your email to j_z151@txstate.edu
- I teach several courses at Texas State. Please **identify NUTR2360_002 in the subject line** so I know which course you are taking.
- **Include an appropriate heading (e.g. Dear Dr. Zhu) and sign it appropriately (e.g. Sincerely, [your name]).**
- **I will respond to your email within 24 hours Monday through Friday.** Sometimes I will be able to respond quickly, but other times it may take up to 24 hours. I will always check and respond to emails, but it may not be immediate. There is no need to email me twice unless you haven’t heard back within the time above. If you haven’t heard back, also check to make sure that you followed the instructions above.

6. What if I miss a class?

If you missed the class due to an event or emergency that is documented with the Dean of Students (illness, family illness, accident, wedding, funeral, field trip, etc.), I will make sure the absence for that class is not counted against you. Official documentation through the Dean of Students is REQUIRED for you to receive an excused absence.

If you want to look over the questions asked in class for study tools, schedule an appointment during my virtual office hours.

Remember that class attendance via Zoom is expected. During each class, students will be asked to answer 2 poll questions on Zoom, each worth ½ point. ***When you are logged into Zoom, please use your name as it appears on CANVAS. At the end of the semester, your total points will be tallied and added as your attendance grade. **Points will not be awarded for students who complete poll questions after the designated class period.**

7. What if I miss an exam?

No worries! Here is a reminder of the policies outlined in the syllabus: THERE ARE NO MAKE-UP EXAMS, unless the absence is documented with the Dean of Students. NO EXCEPTIONS.

Each student will be allowed to drop the lowest of their four exams before the cumulative final. The drop exam policy is designed to protect students from unexpected emergencies that result in a missed exam. Be sure to take all of the other exams and your grade won't be affected at all.

I strongly advise students not to skip an exam with the intention of dropping that zero. If an emergency occurs later in the term, there will be no recourse. The drop exam policy is in place for an exam missed due to an accident or emergency. The drop exam policy is NOT in place to make up for poor performance on an exam. You are expected to work hard in the course and prepare appropriately for all exams.

I recommend stopping by my virtual office hours to look over the exam that you missed though. It will be very helpful to see the type of questions on each exam so that you do well on the cumulative final.

Keep in mind that instructors do not need to drop any exams at all. This is a kindness that I show to students because I understand that emergencies arise. I do not drop exams because a student has failed to work hard and prepare, or because of their own personal priorities at the time of the exam.

8. What if I know in advance that I'll miss an exam or want to take it early?

Unless the absence is approved by the Dean of Students (see syllabus) or you have scheduled the exam with the Office of Disability Services, I will not allow students to take an exam early or late.

9. Can I skip the final?

The final exam is required and is an evaluation of your accumulated knowledge throughout the semester. Your lowest exam grade during the semester will be dropped, however, all students are required to take the cumulative final exam.

10. What if I did poorly on an exam?

Check the study tips below to help bring up your scores on future exams and come to my virtual office to look over what you missed. I am here to help you if you are struggling. Please take advantage of my virtual office hours or talk to my TA to get help where you need it. You may find that it was only one chapter that tripped you up, or a certain kind of question that you had trouble with. Knowing these things will help immensely in preparing for the next exam and in taking the final exam where the same questions may appear. Look over your exam within a few days of taking it- the longer you wait, the harder it will be to remember the strategies that you used while taking the exam and the less time you will have to improve for the next exam. There are NO make up exams, but your lowest exam grade (except for the final exam) will be dropped.

11. What are good study tips for exams?

- Use the exam reviews.
- Attend class and take any extra notes that you think may help you. Be especially vigilant when I say things like, “the take-home message is” or “the important point here is...”
- Write down or take pictures of the questions asked in class and use them as study tools. Many of them will end up on the exams.
- Spend time looking over the material outside of class. A good rule of thumb is to spend at least 1 hour outside of class for every 1 hour of class time.
- Never cram, especially not at the expense of sleep - students hear this all the time and do it anyway. There is literally a ton of research showing that cramming doesn't help, and that it actually hurts student performance on exams. Also, sleep is important for memory retention.
- Talk about the material and actively engage with it whenever possible. You learn best by teaching, and you'll remember and understand better by explaining the concepts to others. Maybe this means you join a study group or study with a friend. Maybe you can annoy your friends by explaining to them what they are eating!
- •Are you a visual learner? Try drawing the processes we discuss in class rather than memorizing.

12. Where can I get extra help?

If you would like some extra tutoring, consider visiting the Student Learning Assistance Center (SLAC) in the Alkek library on campus. Here's their website: <http://www.txstate.edu/slac/>

There are also some really great online resources. The Youtube channel CrashCourse has fun and short videos that include topics we have covered in class. <http://www.youtube.com/playlist?list=PL3EED4C1D684D3ADF>

13. How do I calculate my grade?

The syllabus has a breakdown of how many points you need at the end of the semester to be in each grade bracket.

14. How can I raise my grade? Is there any extra credit?

See above for good study tips. If you are doing all the study tips and still having trouble, come to see me. If it's the end of the semester, why did you wait so long? Over the course of the semester, *there will be 4 in-class assignments for extra credit that will be collected at random by Dr. Zhu for a grade. Each assignment will be worth 2 bonus points for a total of 8 possible points.* Failure to attend class on days when these assignments are given will result in no awarded points. No exceptions.

There is no extra credit other than the points detailed above. DO NOT ask for points to materialize. The only ways to earn points in this course are outlined in the syllabus. There are no other extra credit possibilities or extra assignments. Do not ask me if you can do something more to boost your grade.

15. Do you curve any grades?

If for some reason the class average is in the very low 70s, I will seriously consider it. However, there is no guarantee that I will curve grades, so please do not rely on it.