

## Academic advising and plan of study

### Introduction

Graduate program of MS Nutrition is designed to prepare students with knowledge and skill for improving nutrition related career or future research in the field. The courses in the program provide students an overall view of nutrition from basic knowledge to application without any specific directions. Students have two options: Practicum option or Thesis option. I chose the Practicum option of the program, because I plan to work instead of doing future research after graduation. The practicum option requires student to finish a 200-hour internship or shadowing. This would be a great connection for future career. I would decide my future direction with reference of my practicum experience.

### Plan of study table

Practicum option, 2-year full-time plan

<b>Course Title and Number</b>	<b>Credits</b>	<b>Semester</b>
NUTR 644 Micronutrients	3	Spring 2016
NUTR 642 Macronutrients	3	Spring 2016
NUTR 651 Nutrition Assessment, Monitoring, & Surveillance*	3	Spring 2016
NUTR 626 Food Systems	3	Spring 2016
GCH 601 Biostatistics	3	Fall 2016
NUTR 522 Nutrition Across the Lifespan	3	Fall 2016
NUTR 620 Nutrition Education	3	Fall 2016
NUTR 670 Nutrition Research Methods	3	Fall 2016
NUTR 788/799 Pre-Practicum Seminar	1	Spring 2017
NUTR 515 Fundamentals of Cooking	3	Spring 2017
NUTR 675 Nutrition Program Development, Interventions and Assessments	3	Spring 2017
NUTR 630 Global Nutrition (Elective)	3	Spring 2017
NUTR 790/799 Nutrition Practicum	2	Fall 2017
NUTR 583 Food and Culture	3	Fall 2017

\* include off campus practice

### Program's requirements for graduation

The program requires students to finish 39 credits of study in total and 200 hours of Practicum. Practicum option requires 200 hours contact hours per practicum in a nutrition-related organization guided by a preceptor and a faculty advisor. During the practicum, I am required to complete a project, a report and a presentation. (Specific due dates of these works would be decided after my first-year study.)

MS Nutrition program contains a total of 39 credits. I plan to complete most of them in my first year and finish the 200-hour practicum in my second year. To follow this schedule, I need to look for shadowing and internship opportunity during my first year

of the program. I have not decided which specific field in nutrition I would apply for internship because the opportunities are limited. After I graduate from the program, I plan to work in the company or agency where I finish my practicum.

Dr. Constance Gewa (Phone: 703-993-2173, E-mail: [cgewa@gmu.edu](mailto:cgewa@gmu.edu)) would be the advisor of my program. I need to have an appointment with her before each step on my schedule. For example, I would schedule an appointment with her before selection classes of each semester. (Dr. Gewa is the only person in the department I found closest to the advising position.)