

A 3D 'WELCOME' sign in white letters is positioned on a dark, reflective surface. The background is a textured teal wall. The sign is made of thick, white, blocky letters that cast a shadow on the surface below.

WELCOME

A very warm  
welcome to  
the School of  
Nutrition and  
Dietetics  
at Acadia  
University!

**SND Fall  
Orientation**



Acadia University is located in Mtaban (Wolfville), **Mi'kma'ki** (Nova Scotia), the ancestral and unceded territory of the **Mi'kmaq**, **Peskotomuhkati** (Passamaquoddy), and **Wolastoqiyik** (Maliseet) people, on the east coast of Turtle Island (Canada). The land, relationships, and our roles and responsibilities as treaty people are governed by the [Treaties of Peace and Friendship](#), 1725-1779.

Maps courtesy of Ta'n Weji-squlia'tiek  
(Mi'kmaw Place Names and Digital Atlas)  
<https://www.mapdev.ca/placenames/>

Find out more about where you are from, where you live, work, and play at [Whose Land?](#)



**School of Nutrition and Dietetics – Fall Orientation**  
**September 6, 2022**



# COVID Protocols

- Strong recommendation to get fully vaccinated
- Indoor masking requirement to October long weekend in all indoor spaces, except:
  - When presenting/teaching
  - Briefly when eating or drinking
  - Residences, Wheelock Dining Hall, or the Students' Union Building
- If you feel sick, stay home!
- For more see [here](#)





# Purpose

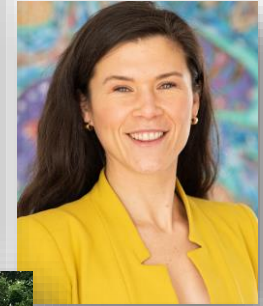
- Introduce the staff and faculty and describe our work and roles in SND
- Provide “need to know information” to survive and thrive in the first few months
- Introduce you to student societies and the leadership teams
- Orient you to resources on campus where you may go for help
- Tour SND’s labs and classrooms



# SND Faculty and Staff

We definitely don't bite!

- Lynn Coleman (Admin Assistant)
- Dr. Jennifer Brady (Director)
- Sue Conlan
- Acacia Puddester
- Dr. Liesel Carlsson
- Dr. Matt Durant
- Dr. Moji Kaviani
- Dr. Matt McSweeney
- Connie Foote (AUDP Director)
- Laurel Ettinger





# What do these folks do all day?

- Teaching
  - ~five courses per year
- Research
  - Applying for research money to fund projects, planning projects, collecting research data, publishing
- Service
  - Committees, boards, and organizational roles at Acadia and community and industry partners



# University....?

# BSN Programs and Advising Sheets



- SND's BSN degree is a four-year program if you take and pass five courses in each fall and winter term
- Some courses are only offered once per academic year
- Many first- and second-year courses are prerequisites for third- and fourth-year courses
- Careful planning is important; make use of the BSN advising sheets found [here](#) on SND website



# Using your Acadia email (and often) is a must

- SND Faculty and staff will communicate with you via Acadia University's email system (Outlook)
- Regularly check and pay attention to your email... really. 😊
  - Lynn and Dr. Brady, SND faculty, student societies, facilities across campus
  - Events, new, important deadlines, course information etc





## Self Service ➤

Personalized services for students, employees, and alumni.

- View Financial Account
- Advising Resources
- Academic Planning
- Course Selection/Entry & Grades
- Order Transcripts
- Human Resources & Payroll Supports

*Additional options will continue to be added.*

Need help? Please view our **Student Self**  
**SND Fall Orientation** Service Training Resources at the Hub.

# Self-Service (aka Colleague)

- How do I login?
  - <https://www2.acadiau.ca/myacadia.html>
- What do I use self service for?
- Who do I ask if I am having problems with Colleague?
  - Registrar's Office
  - Lynn Coleman



## Where else to go with questions

- Course syllabi, Acorn, course professor: course policies, due dates, recording lectures, assignment guidelines, etc.
- [SND Student Handbook](#) good information for SND students
- [List of Important dates](#) for the 2022-2023 academic year
- [Academic Calendar](#) for university policies, procedures, course descriptions etc.
- Academic advisor: Program planning and course selection. See list posted in student lounge on 4th floor Huggins Science Hall.
- Lynn Coleman or Dr. Brady
- Other offices as appropriate: Registrar's Office, Financial Services

# The Library... an indispensable resource!

The screenshot displays the Acadia University Vaughan Memorial Library website. The header is red with the Acadia University logo and the text "Subject Guides: VAUGHAN MEMORIAL LIBRARY". Below the header, a navigation bar shows "Homepage / LibGuides / Nutrition & Dietetics / Home". The main content area is titled "Nutrition & Dietetics" and includes a search bar. A sidebar on the left lists various resources: "Welcome new students!", "How to Access Online Resources", "Welcome to the Subject Guide for Nutrition and Dietetics", "Up to Date", "Journal Articles", "Books & E-Books", "Streaming Videos", "Citing/Referencing", "Open Access Literature", and "Scholarly or Predatory Journals?". The main content area features a video player with a pink background and the text "HEY BIOLOGY, CHEMISTRY AND NUTRITION STUDENTS! Have you met". Below the video player, there is a section titled "How to Access Online Resources" with a video thumbnail showing a person and the text "How to - get help online".

- Readings, research, & referencing
- Access the library's excellent resources here:

<https://libguides.acadiau.ca/nutr>



- Jenn Richard is the subject librarian for nutrition and dietetics



# The Writing Centre

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- The Writing Centre offers free help to students wanting to improve their writing skills. You can sign up online today:
  - To book a one-to-one appointment with a trained writing tutor, click here:
  - [writingcentre.acadiau.ca/writing-tutorials.html](https://writingcentre.acadiau.ca/writing-tutorials.html)
  - To see which helpful presentations and workshops you'll want to attend this year, click here:
  - [writingcentre.acadiau.ca/workshops-and-presentations.html](https://writingcentre.acadiau.ca/workshops-and-presentations.html)



## Student Life

Find student support services and opportunities.

### Welcome

At Acadia University, we care about students and their success from the moment you first arrive, however we have the student supports in place to help

## Additional Supports on Campus

- [Counselling Services](#)
- [Accessible Learning Services](#)
- [Student Health Centre](#)
- [Acadia Student Union](#)
- [Vaughn Memorial Library](#)
- [Writing Centre](#)
- [Women's Centre](#)
- [Acadia Student Life](#)

#### Student Services

We're here to support you. Many of our services now include online options, and we've added new recreational activities.



Academic & Student Support



Health & Wellness



Residence & Campus Life



International & Indigenous



Accessible Learning



Equity, Sexualized Violence, Code of Conduct

# Grades....take it in stride



- Aim for learning, not As...
  - We know, we've been there that is easier said than done
- Very normal for your first-year grades to be lower than you're used to
  - Different expectations
  - More independent work and responsibility
  - Learning curve comes with different style of teaching and learning
  - Different grade scales...a "C" is "average".
- 1st year course averages are typically 65%-70% (C+ to B-)

A decorative graphic on the left side of the slide. It features a large, stylized question mark shape composed of many smaller, colorful swirls and question marks in shades of red, orange, yellow, green, blue, and purple. The graphic is positioned on the left side of the slide, with a large 'iStock by Getty Images' watermark visible in the background.

# What electives should I take?

- University is about personal and professional growth...choose with this in mind!
- Expand one's global- and self-awareness, critical thinking, and communication skills
- Ask other students about their experience
- Increase your knowledge of a specialized area in your chosen career path or field
- Taking classes on new subjects is incredibly important to intellectual and personal growth
  - Develop new ways of thinking
  - Develop a broader social circle
  - Engage in the world in new ways





# Canada's Atlantic Foodservice Partners (CAFP)

Instagram: @acadia.cafp

President, Lily Stanwood: [146849s@acadiau.ca](mailto:146849s@acadiau.ca)

Faculty supervisor: Sue Conlan

- Promotes networking, professional development, community engagement, and learning
- Members participate in networking, learning, and social experiences with dietitians, food service professionals, and fellow students/interns
- Previous events include public speaking webinar, headshots, practicum student panel, apple picking, and LinkedIn webinar
- Committees: Social, Nutrition Month, Education, Fundraising, Professional Development + Communications
- Great addition to resume
- \$10 Membership Fee... stay tuned for details
- Come to our member meeting! (Email will be sent out shortly)



# Nutrition and Dietetics Society (NADS)

Co-Presidents,

Jillian Skiffington: [161272s@acadiau.ca](mailto:161272s@acadiau.ca)

Morgan Shears: [161109s@acadiau.ca](mailto:161109s@acadiau.ca)

- **What We Do**

- Bi-weekly meetings (virtual)
- Weekly meetings for Exec team
- Plan and host events (all events will follow safety regulations...ie. Axe/Vil Night, coffee house, end of year banquet, pizza social, yoga etc..)

- **Why You Should Join!**

- To be more involved in the Nutrition program
- Meet new people & professors
- Resumé builder
- Improve planning & organizing skills
- Fun and exciting events to attend, plan and volunteer







# Children's Health & Nutritional Growth Experience (CHANGE)

IG & FB: @changeacadia

Email: [changeacadia@gmail.com](mailto:changeacadia@gmail.com)

Coordinator, Elizabeth Cox: [160639c@acadiau.ca](mailto:160639c@acadiau.ca)

Faculty supervisor: Acacia Puddester



- A partnership program between Acadia and the Wolfville School
- Our goals:
  - Increase nutrition literacy and food skills in school children
  - Allow volunteers to gain valuable leadership skills
  - Strengthen the relationship between children, volunteers, and the Wolfville community
- We meet on selected Wednesday/Friday afternoons for 3 hours – starting at the beginning of October
- Activities include:
  - Cooking classes
  - Visits to the WFM & Nursing Home
  - Wolfville's community pizza oven



# Nutrition Peer Mentor Program

Coordinator, Melanie Walsh: [0210955w@acadiau.ca](mailto:0210955w@acadiau.ca)



- Learn to navigate university life (e.g. res life, places on campus to study, places to hang out in Wolfville)
- Connect with 3<sup>rd</sup> and 4<sup>th</sup> year students
- Get advice and guidance (e.g. housing after res, courses, career paths, practicum apps)
- Learn more about the School of Nutrition and Dietetics and ways to get involved
- No time commitment...just contact your mentor when you would like to meet or when questions arise





# SND Support Centre

Coordinator, Emily Dolan: [161731d@acadiau.ca](mailto:161731d@acadiau.ca)

- Supports SND students and department operations
- What would you like the SND Support Centre to do for you? Stay tuned for a feedback survey!

# Reach out! Stay connected...

- Lynn Coleman:  
[lynn.coleman@acadiau.ca](mailto:lynn.coleman@acadiau.ca)
- Dr. Brady:  
[jennifer.brady@acadiau.ca](mailto:jennifer.brady@acadiau.ca)
- School of Nutrition and Dietetics: [SND Website](#)
- Twitter:  
[@AcadiaNutrition](#)

Sales at [@the\\_growcer](#), the company behind the hydroponic system. We are looking forward to our students learning more about 'Farm in a Box' [@SustainAcadia](#) [@Acadia\\_Dining](#)

**AcadiaSustainability** @SustainAcadia · Aug 27

of the box thinking @AcadiaU and @Acadia\_Dining is actually a Farm Inside



g in wait for...  
cluding those from  
There are so many campus spaces  
we look forward to sharing those with  
no will be making Acadia & [@TownOfWolfville](#)  
ne during their studies.



 You and 7 others

4:30 PM · Aug 28, 2019 · [Twitter for iPad](#)

# Orientation Refresh

Monday, October 24,  
4:15 pm – 6:00 pm  
Huggins 173

- Check in and refresher
- BSN Degree options and double majors
- Employment, academic, and practicum references
- Co-op education
- Acadia exchange program
- Career options
- Honours research
- Dietetic practicum
- And more!







# Most Importantly!

You have worked hard to be here; you belong here.

Congratulations on your achievements, and welcome to the School of Nutrition and Dietetics.

We are excited you are here, and we know you will have a great year!



# ONWARDS AND UPWARDS



Tour of 4th Floor Huggins