Instructor
Laura Acosta, MS, RDN, CSSD, LD/N
Office: 2049 McCarty Hall D
Phone: 352-273-3472
Email: jiacosta@ufl.edu
Office Hours:
- Walk-in: 11:30am-12:45pm on Fridays
- By Appointment: Mondays and Wednesdays (email me to arrange a time)

Teaching Assistant
Meagan Lamotte
Email: mlamothe@ufl.edu
Office Hours: Mondays 11:45am-12:45pm in FSHN 232 (Grad Room)

Course Location & Meeting Time
Fridays 8:30-10:25am (McCarty B, 2102)

Course Description
The application of principles of communication and counseling skills to dietetics practice. This course will provide hands-on experiences in counseling and oral and written communication. Prereq: HUN2201, HUN3403; DIE majors only. 2 Credits.

Required Materials
- Access to mobile technology such as a smart phone or tablet.
- Ability to access Word, PowerPoint, and PDF files.
- Access to e-Learning (Canvas). Refer to http://lss.at.ufl.edu

Recommended Materials

Course Objectives
Upon completion of this course, students should be able to:

1. Describe the theories and principles of group and individual counseling and apply them to nutrition and dietetics.
2. Apply communication and counseling skills to assist individuals to make behavioral changes.
3. Deliver effective nutrition-related oral presentations and facilitate group learning processes.
4. Prepare nutrition education material using a variety of media, taking into account target audience and literacy level.
5. Deliver appropriate nutrition education messages across cultures, and communicate effectively with a variety of cultural and socioeconomic groups.

Foundation Knowledge and Learning Outcomes

Activities in this course are designed to contribute to students achieving the following learning outcomes defined by the Accreditation Council for Education in Nutrition and Dietetics:

- Develop an educational session or program/educational strategy for a target population. (KRDN 3.2)
- Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups. (KRDN 3.3)
- Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained. (KRDN 4.3)

Student Evaluation

This course has 500 possible points. Evaluation is based on the following performance indicators:

- Attendance (see Attendance Policy, below) 50
- “Life Lab” Journal 50
- Quizzes (6 @ 20 points each, lowest score dropped) 100
- In-class activities 40
- Coding and billing case scenarios 10
- Mock counseling sessions (1 @ 50 points, 1 @ 100 points) 150
- Nutrition education video 50
- Group facilitation capstone experience (service learning) 50

500 points

Attendance Policy: Attendance is required for all dietetics (DIE) courses, and a penalty of 10 points is assessed for each class that is missed. Students who miss class due to illness or family emergency MUST email the TA prior to class and provide appropriate documentation (hospital discharge papers, police report, dated obituary, etc.) to be eligible to make up quizzes, exams, or classwork for that day. Failure to do this will result in a grade of 0 for any work that was missed.

Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. It shows disrespect for the professor and other students in the class. Any student who is more than 5 minutes late will lose 5 points from their attendance grade each time he/she is tardy.

Grades are non-negotiable and will be assigned according to the following scale.
Grades and Grade Points
For information on current UF policies for assigning grade points, see
https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx

Absences and Make-Up Work
Requirements for class attendance and make-up exams, assignments and other work are
consistent with university policies that can be found at:

Academic Honesty
As a student at the University of Florida, you have committed yourself to uphold the Honor Code,
which includes the following pledge: “We, the members of the University of Florida community,
pledge to hold ourselves and our peers to the highest standards of honesty and integrity.” You are
expected to exhibit behavior consistent with this commitment to the UF academic community, and on
all work submitted for credit at the University of Florida, the following pledge is either required or
implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.”
It is assumed that you will complete all work independently in each course unless the instructor
provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes,
exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any
condition that facilitates academic misconduct to appropriate personnel. It is your individual
responsibility to know and comply with all university policies and procedures regarding academic
integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not
be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary
action. For more information regarding the Student Honor Code, please see:

Software Use
All faculty, staff and students of the university are required and expected to obey the laws and legal
agreements governing software use. Failure to do so can lead to monetary damages and/or criminal
penalties for the individual violator. Because such violations are also against university policies and
rules, disciplinary action will be taken as appropriate.

Campus Helping Resources
Students experiencing crises or personal problems that interfere with their general
wellbeing are encouraged to utilize the university’s counseling resources. The
Counseling & Wellness Center provides confidential counseling services at no cost for
currently enrolled students. Resources are available on campus for students having
personal problems or lacking clear career or academic goals, which interfere with their
academic performance.
<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Phone/Email</th>
<th>Web site</th>
<th>Services provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Counseling and Wellness Center</td>
<td>3190 Radio Road</td>
<td>352-392-1575</td>
<td><a href="http://www.counseling.ufl.edu/cwc/">www.counseling.ufl.edu/cwc/</a></td>
<td>Counseling Services, Outreach and Workshops, Consultation, Self-Help Library, Wellness Coaching</td>
</tr>
<tr>
<td>U Matter We Care</td>
<td><a href="mailto:umatter@ufl.edu">umatter@ufl.edu</a></td>
<td><a href="http://www.umatter.ufl.edu">www.umatter.ufl.edu</a></td>
<td></td>
<td>Support for students in distress</td>
</tr>
<tr>
<td>Career Resource Center</td>
<td>First Floor J. Wayne Reitz</td>
<td>352-392-1601</td>
<td><a href="http://www.crc.ufl.edu">www.crc.ufl.edu</a></td>
<td>Career development assistance and counseling</td>
</tr>
</tbody>
</table>

**Services for Students with Disabilities**

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Contact information: 0001 Reid Hall, 3928565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/).

**Online Course Evaluation Process**

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at [https://evaluations.ufl.edu](https://evaluations.ufl.edu). Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at [https://evaluations.ufl.edu/results](https://evaluations.ufl.edu/results).

**Reading and Writing Center**

The Reading and Writing Center is committed to helping University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. [http://at.ufl.edu/rwcenter](http://at.ufl.edu/rwcenter). The Center is located in Broward Hall.
Other Information
Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University’s Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Email
Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Textbook Readings</th>
<th>Assignments/Quizzes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday January 11</td>
<td>What is Learning? Interpersonal Communication</td>
<td>Holli and Beto: 19-38, 247-270, 301-330</td>
<td></td>
</tr>
<tr>
<td>Friday January 18</td>
<td>The Health Belief Model and Stages of Change</td>
<td>Holli and Beto: 107-129, 135-157</td>
<td>Quiz 1 (What is Learning, Interpersonal Communication)</td>
</tr>
<tr>
<td>Friday January 25</td>
<td>Introduction to Motivational Interviewing Reflective Listening Open-Ended Questions</td>
<td>Holli and Beto: 79-102 Clifford and Curtis: 91-107, 120-133</td>
<td>Quiz 2 (Health Belief Model and Stages of Change)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Life Lab Journal</td>
</tr>
<tr>
<td>Friday February 1</td>
<td>Affirmations Elicit-Provide-Elicit Looking Back Introduction to Nutrition Education Video Project</td>
<td>Clifford and Curtis: 108-119, 134-144</td>
<td>Quiz 3 (Motivational Interviewing, Reflective Listening, Open-Ended Questions)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Life Lab Journal</td>
</tr>
<tr>
<td>Friday February 8</td>
<td>Looking Forward Summaries Introduction to Mock Counseling Session #1 Sign up for time slot Storytelling with Mobile Technology Guest Speaker: Ricky Telg, PhD</td>
<td></td>
<td>Quiz 4 (Affirmations, Elicit-Provide-Elicit, Looking Back)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Life Lab Journal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nutrition Education Video Topic Due</td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
<td>Notes</td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>--------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Practice for Mock Counseling Session #1 (come prepared!)</td>
<td>• Quiz 5 (Looking Forward, Summaries)</td>
<td></td>
</tr>
<tr>
<td>February 15</td>
<td></td>
<td>• Life Lab Journal</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Come prepared for mock counseling practice session</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>No Class Meeting</td>
<td>• Mock Counseling Session #1 (set up individually with Mrs. Acosta during the week)</td>
<td></td>
</tr>
<tr>
<td>February 22</td>
<td>Mock Counseling Session #1</td>
<td>• Nutrition Education Video Planning Worksheet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Work on editing and finalizing video</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>TBA: Nutrition Counseling for Eating Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Spring Break – No Class Meeting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Coding and Billing</td>
<td>• Coding and Billing Case Scenarios (to be completed in class)</td>
<td></td>
</tr>
<tr>
<td>March 15</td>
<td>Introduction to Mock Counseling Session #2</td>
<td>• Nutrition Education Video Due</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sign up for time slot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
<td>Notes</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Friday March 22</td>
<td>Readiness Scale, Decisional Balance, Goal Setting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday March 29</td>
<td>Practice for Mock Counseling Session #2 (come prepared!)</td>
<td>• Quiz 6 (Readiness Scale, Decisional Balance, Goal Setting)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Life Lab Journal</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Come prepared for mock counseling practice session</td>
<td></td>
</tr>
<tr>
<td>Friday April 5</td>
<td>No Class Meeting, Mock Counseling Session #2</td>
<td>• Mock Counseling Session #2 (set up individually with Mrs. Acosta during the week)</td>
<td></td>
</tr>
<tr>
<td>Friday April 12</td>
<td>TBA: Group Facilitation and Problem Solving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday April 19</td>
<td>Course Evaluations, Group Facilitation Practice</td>
<td>• Group Facilitation Topic Due</td>
<td></td>
</tr>
</tbody>
</table>
| April 22-May 3 | Group Facilitation at St. Francis High School – Capstone Service Learning Experience  
**OR**  
Written Final Exam (May 1, 2019, 3:00-5:00pm) |   |   |