



## DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY

### Department of Dietetics and Human Nutrition Newsletter

August 2013

Welcome from Anissa Radford, Academic Coordinator

#### IMPORTANT DATES

Welcome back! I am excited to start the new school year with you as the new Academic Coordinator for the Department of Dietetics and Human Nutrition.

This is not my first time serving dietetics and human nutrition majors, as I worked in the School of Human Environmental Sciences as Director of First-Year Success from 2007 until 2011 before working with the College of

Business & Economics as their Assistant Dean for Undergraduate Affairs.

I am thrilled to be back in the School of Human Environmental Sciences! And I am looking forward to getting to know you. Please stop by my office when you get a chance so we can meet. I'll have the opportunity to talk with my advisees (freshmen, sophomore, and transfer students) during registration for spring classes, but PLEASE come by to say hi before then, to share any good news, and to ask any questions you might have about campus life or resources UK offers to help you be successful. I am here to help you



have a successful and wonderful college experience.

Best wishes for an amazing semester!

Anissa

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#### August 2013

- **August 23-31** - Friday through Saturday - K week for all new undergraduate students
- **August 26-27** - Monday and Tuesday - Opening-of-term add/drop for registered students
- **August 27** - Tuesday - Last day to officially drop a course or cancel registration with the University Registrar for a full refund of fees
- **August 28** - Wednesday - First day of classes

#### September 2013

- **September 2** - Monday - Labor Day - Academic Holiday
- **September 4** - Wednesday - Last day to add a class for the 2013 Fall Semester
- **September 4-7** - Roundup Week
- **September 10** - Tuesday - HES Welcome Picnic, Erikson Hall Front Patio, 4:00-5:30 p.m.
- **September 18** - Wednesday - Last day to drop a course without it appearing on the student's transcript
- **September 25** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund

## Welcome Our New Instructor- Amy Williams

Amy Williams has worked in Public Health for the last nine years. Since the fall of 2007, she has taught at Bluegrass Community and Technical College and Eastern Kentucky University as an adjunct faculty member, gaining valuable teaching experience. She enjoys academic life with students, noting that she feels like she is making a difference.



She attended the University of Kentucky as an undergraduate and went to Eastern Kentucky University, where she graduated with a Bachelor's Degree in General Dietetics and Master's Degree in Community Nutrition. Ms. Williams enthusiastically states that she is "excited to start this new phase in [her] career."

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## You are invited to join the Student Dietetic & Nutrition Association

This is a great way to become more involved with volunteer and leadership opportunities in the dietetics, nutrition, and medical fields.

The first meeting is Sept. 4<sup>th</sup> at 4:30 in 203 Erikson Hall.

## Exciting Change for Liz Combs!!

Liz Combs served as DHN academic coordinator from 2011 – 2013. This summer, she was offered and accepted the position of lecturer in our department. She will continue to serve as Director of the Coordinated Program and will be teaching DHN 312 and DHN 517 this fall. She is very excited to interact with students inside the classroom and is also willing to chat in her office as needed. She has moved offices and is now in 209B Funkhouser.

## Dr. Kwaku Addo

Dr. Kwaku Addo will soon be heading to Prairie View A&M University (part of the Texas A&M system) at Prairie View, near Houston. Starting October 1, he will be the new Associate Dean for Academic Programs and Department Head in the College of Agriculture and Human Sciences.

He has been at UK since August 1991 (22 years). Dr. Addo says that he is "truly going to miss UK and especially, the School of Human Environmental Sciences." He hopes to establish and promote working relationships with faculty in HES; he also hopes to continue to contribute to the education abroad experience of HES students and his work with the Kentucky Academy in Ghana.

## Success Tips for Starting off the New Academic Year

### From The College of Agriculture, Food & Environment School of Human Environmental Sciences Faculty & Staff

The first few weeks on campus are important for all students. Here are some tips to help you have a successful academic year and beyond:

- Meet and get to know your **advisor**...your advisor is here to help you succeed!
- Got **questions**? Ask for assistance as soon as you have a question. Your advisor is a good starting point. Also, the Advising Resource Center in 112 Erikson Hall (257-2855) can help.
- **GO TO CLASS!!**
- Get **organized!** Use a **planner** or **calendar** on your phone, computer, wall or desk to keep track of assignments, tests, quizzes, and meetings.
- Read each **syllabus** closely. Mark important dates in your planner.
- Stay **healthy**: exercise, eat right, and drink plenty of water.
- Join **student organizations**: Student Dietetic and Nutrition Association, Phi Upsilon Omicron, Bluegrass Academy of Nutrition and Dietetics, Academy of Nutrition and Dietetics, UK Association of Family and Consumer Sciences
- Turn off your **cell phone** in class.
- Check your **UKY email** often.
- Keep track of your **money** and plan your spending carefully.
- Take advantage of study **resources** on campus.
- Make **connections** with students in your classes.
- Meet with your **professors**. There are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors serve as wonderful resources for information in their field. Get to know them and let them get to know you; someday you may call on them to write a letter of reference for you. Professors schedule office hours for the purpose of meeting with students—take advantage of that time.
- Seek a **balance**. College life is a mixture of social and academic happenings. Study hard, but get involved with clubs and organizations, too, and allow some down time for yourself!