# Success Story

## University of California, Santa Barbara



### Challenge

Professor Amy Jamieson faced the challenge of enhancing her nutrition course by integrating practical applications of diet analysis while providing personalized and engaging student experiences.

### Solution

Connect Nutrition and NutritionCalc Plus *Nutrition for Healthy Living* by Traci L. Keck and Wendy Schiff

### Result

With Connect, Professor Jamieson successfully customized her course, seamlessly integrated NutritionCalc Plus for individualized student experiences, and streamlined assignment creation with autograding options.

> **The Connect platform provides a variety of resources and learning tools as well as assessment options for an inclusive and complete learning experience. Students are supported while using Connect and are more successful in the course. Students also gain a deeper understanding of course material through the variety of assessments and learning tools."**
>
> – Amy Jamieson



**Amy Jamieson,** MS
Chair and Program Advisor
Department of Exercise & Sport Studies

## The Challenge

Professor Jamieson sought to enhance her nutrition course by incorporating practical applications and offering personalized student experiences. Her primary selection criteria for adopting Connect included the NutritionCalc Plus Dietary Analysis Tool and NewsFlash exercises, which she believed could address these educational challenges. She aimed to achieve goals such as effective food tracking, comprehensive diet analysis, increased student practice with key concepts, and the ability to customize student experiences. Connect helped her meet these goals by allowing her to tailor her course to her objectives, integrating NutritionCalc Plus with diet analysis assignments for individualized learning, and simplifying assignment creation with user-friendly, autograding options.

## The Solution

Professor Jamieson implemented Connect, assigning an average of three assignments per week. Each assignment typically covers 1-2 chapters per module, with 10 modules in total. She particularly values the autograded Assess My Diet assignments, which direct students to answer questions about their dietary patterns based on generated reports from NutritionCalc Plus. "The Assess My Diet assignments enhance student learning and engagement with the course material," she says. Additionally, she integrates Connect with Canvas, benefiting from its seamless operation and ease of use for both grading and real-time grade transfers. Using Connect has streamlined her lecture preparation, allowing her to utilize instructor resources to design comprehensive lectures aligned with the textbook.

## The Results

Student engagement has significantly increased since implementing Connect. The adaptive learning assignments allow each student to learn and progress at their own rate. "This provides an equitable learning environment and supports each student where they need it most," says Professor Jamieson. Through diet analysis and case studies in NutritionCalc Plus, students can apply theory-based information, gaining real-life takeaways from Connect activities. "The Connect platform provides a variety of resources and learning tools as well as assessment options for an inclusive and complete learning experience," says Professor Jamieson. The impact on quiz and exam scores has been notable, with students performing better overall with Connect.

Furthermore, there has been a significant increase in the distribution of As and Bs in the course, with students having opportunities to gain points through various assessments, reducing the dependence on high-stakes exams. The majority of students now pass the course, and those who fail tend not to engage with Connect assignments or participate in activities. Student retention rates are high, and the course remains in high demand with long waitlists, largely due to its positive reputation built on practical components and effective learning methods. Students have expressed that they feel supported using Connect and that it helps them achieve a deeper understanding of the course material.

### Professor Jamieson's Teaching Tips



**Attend Orientations**

Participate in Connect orientations to familiarize yourself with the platform's features and capabilities.



**Utilize Support Staff**

Take advantage of Connect's support staff for guidance and troubleshooting.



**Self-Navigation**

Spend time navigating Connect on your own to understand its interface and tools.



**Leverage Instructor Resources**

Use available instructor resources to complement Connect activities and enhance course content.



**Set Assignment Dates**

Set start and end dates for assignments to maintain a structured schedule.



**Organize Dashboards**

Use folders to organize the Connect dashboard for easier navigation and management.