

**Department of Human Nutrition**  
**St. Francis Xavier University**  
**Student Checklist 2021**

Administrative Assistants: Bonnie McIsaac ([bmcisaac@stfx.ca](mailto:bmcisaac@stfx.ca))  
Robin Campbell ([rocampbe@stfx.ca](mailto:rocampbe@stfx.ca))

Chair – Ann Fox ([afox@stfx.ca](mailto:afox@stfx.ca)), JBB 207.

As a new student, it is important to do the following:

- Check Department website regularly- <http://www2.mystfx.ca/human-nutrition/>, as well as our social media accounts:
  - <https://www.facebook.com/stfxHNU/>
  - <https://twitter.com/StFXHNU>
  - <https://www.facebook.com/stfx.idi>
  - <https://www.instagram.com/stfxsportnutrition/>
  
- Check Faculty Advisor list posted in JBB 239A (student resource room) and get to know your advisor. Faculty office hours are posted on office doors.
- Bring student advising sheet (colored normal course sequence sheets available in the main office – JBB room 208 and posted online (<http://www2.mystfx.ca/human-nutrition/degree-programs>) to meetings with Faculty Advisor.
- Check your student advising sheet to make sure you are taking the required courses. Check pre-requisites; make sure you have the required background courses.
- Check your St.F.X. email account regularly – messages from department and your societies will come to that account.
- Attend a library orientation session
- Visit your student lounge, room JBB 244.
- Attend the new year social drop-in on **Fri. Sept.10<sup>th</sup> at 2:30 in JBB 255.**

- If interested in dietetics, attend the general information session on the STFX Integrated Dietetic Internship (IDI) as well as other graduate dietetic internship programs on Friday, September 24<sup>th</sup>  
11:15am - 12:30pm  
MULH 4034
- Meet Laura Reid, IDI Co-ordinator ([lreid@stfx.ca](mailto:lreid@stfx.ca) or 902-867-5039)
- Get involved with the student societies - Nutrition Society and Dietitians of Canada or the Canadian Nutrition Society. Keep an eye on the bulletin boards in the hallway outside of JBB 237 for more information.
- Orient yourself to Moodle.
- Attend HNU seminars.
- Check out our program options including Co-op education, Family Studies B.Ed., and a 5<sup>th</sup> year Human Kinetics degree. More info at: <http://www2.mystfx.ca/human-nutrition/degree-programs> and <http://www2.mystfx.ca/human-nutrition/co-op-education>