

SC115 Discussion Guidelines

Remember that your goal for Discussion is three-fold:

- to stay involved throughout the entire week
- to contribute in a way that adds to the discussion and moves it forward in an original fashion
- to use the course content to form your posts and responses

As a guideline, your main discussion post should be at least 150 words and approximately 50 words when you respond to classmates and/or your instructor. These are just guidelines and you may want to include more words to convey your message on the topic. You will need to provide responses to **at least two** other students and/or your instructor during each discussion week.

Keep in mind that when you post, you should include your references such as the textbook and articles found online (be sure to cite in APA). The class is enhanced by sharing knowledge, so use discussions as a way of creating a community resource for yourself and your classmates.

Textbook Reference:

Grosvenor, M., & Smolin, L. (2018). *Visualizing nutrition: Everyday choices*, (4th ed.). Hoboken, NJ: John Wiley & Sons, Inc.