

Eat Well/Think Well



Description

Eat Well/Think Well is an evidenced based program to help students improve food choices as well as study skills. The course explores why and how some foods may affect energy and clarity of thought, which in turn can affect time management, study skills, and learning. Students will have opportunities to create helpful study habits, develop productive coping strategies, and prepare their own “smart snacks” and easy “smart meals”. Students will meet once weekly for two weeks. Each session is ninety minutes, and includes experiential exercises such as food preparation and time management activities.

Learning Objectives

At the conclusion of the course, participants will be able to:

1. Identify components of common foods conducive to improved energy and clarity of thought
2. Assess their food and beverage intake in relation to energy levels
3. Create at least one breakfast, snack, or quick meal; all per guidelines for improved energy
4. Critique “energy products” such as energy drinks; identify pros/cons of products
5. Identify high and low energy points of the day
6. Assess activities during high and low energy times
7. Identify and change one study habit
8. Identify and implement one coping strategy

Activities

The class will have the opportunity to:

- Select and prepare snacks and meals which enhance energy per guidelines
- Keep a diary of their food & beverage intake along with energy levels
- Critique energy products: discussion of pros/cons
- Create an ideal weekly schedule
- Keep a “real-time” activities log
- Learn to change and implement a new study strategy and coping strategy
- Discuss the research regarding food and cognition

Incentives

Participants will receive:

- Meals and snacks prepared in class
- Personalized organizational plan
- Certificate of completion which can be added to their E-portfolio

Empirical Foundation

- The need for this course has been determined by clinical and academic observations and reports.
- The content of the course is based upon research regarding the impact of the diet on brain chemistry, in addition to research regarding organizational skills and academic productivity/success.
- Attending class with a friend or peer group may provide collaborative support. Public health research suggests that social support can be helpful in adopting and maintaining healthy behaviors.
- The course will be evaluated by Pre and Post Test.

Contacts

Carol Kelly, RD, LD, Coordinator of Nutrition Education, Emory University Student Health and Counseling Services, 404-727-1735, carol.kelly@emory.edu

Shari Obrentz, Assistant Director, Office for Undergraduate Education, 404-727-5300, sobrent@emory.edu
Onodiode Ewvaraye, Learning Specialist, Office for Undergraduate Education 404-727-5300, oevwara@emory.edu