Introduction to Nutrition
University of Wisconsin-Milwaukee
BMS-232 sec 002 (3 credits)
Wednesdays 5:30 to 8:10 PM Merrill 131
Course Syllabus: Fall 2015

Instructor: Linda Wright, MS, RD, CDE
Office: Enderis 411
Office Hours: by appointment
Office Phone: 414-229-6745 (department phone)
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Teaching Assistant: Miguel Tolentino tolenti4@uwm.edu
Questions related to the course should be sent to me not the TA.

Course Description:
This course will discuss the fundamentals of human nutrition. Instruct in the function and requirements of all nutrients and explain the nutritional needs throughout the life cycle.
This course meets the GER (General Education Requirements) as listed below:
  a. Introduces major concepts of a natural science discipline, providing insights into the breadth and its relationship to other disciplines.
  b. Illustrate relationships between experiments, models, theories and laws.
  c. Discuss the limitations of data and the possibility of alternative interpretations.

Time commitment: This is a 3 credit, general education course. This means that you can expect to spend 3 hrs. per week in lecture & a minimum of 6 hours in out-of-class time which includes reading assignments, review of course materials, completion of assessments, and participating in course activities. You should expect to spend a total of 9 hours per week on this course to achieve the course goals and learning outcomes.

This course is divided into 5 “learning modules”. Each module represents chapters in the textbook. Each learning module consist of learning activities which will include reading material, lecture notes and assignments which will include food records, Learn Smart, homework, quizzes and exams.

Module One: Nutrition Basics (Chapters 1-4)
Module Two: Energy Yielding Nutrients and Alcohol (Chapters 5-8)
Module Three: Metabolism and Energy Balance (Chapters 9-11)
Module Four: Vitamins and Minerals (Chapters 12-15)
Module Five: Nutrition Applications in the Life Cycle (Chapters 16-18)

Course Objectives:
Upon completion of this course the student will be able to:
  1. Discuss the function and sources of nutrients as it relates to human nutrition.
  2. Understand the role and impact nutrition has on health and the prevention and treatment of diseases such as diabetes, cancer, obesity and cardiovascular disease.
  3. Identify the specific nutrition concerns and nutrient needs through the varying life stages.
  4. Discriminate between scientific nutrition information vs. nutrition gimmicks and myths.
  5. Apply nutrition information into one’s personal life practices.
Course Required Resources:
Connect is the online support material with the text. For this course you will be required to purchase McGraw-Hill Education Connect® access for (Wardlaw’s Perspectives in Nutrition) Connect codes are available in the bookstore and directly from the Connect website. A print-upgrade option is also available via Connect if you find yourself wanting a print companion at some point during the semester. This will be a full color binder-ready version of the text.
You will be using this site to do the required assignments for this course. (i.e. LearnSmart, Homework and NutriCalc assignments, Quizzes and Exams.)

NutritionCalc Plus Diet Analysis Software: This is included in Connect.
For tutorial on using the site: click on NutriCalc Plus on Connect and on this homepage you will see the link for the tutorial.

Register with Connect at: https://connect.mheducation.com/class/l-wright-wed-fall-2015
USE YOUR UWM email when you register.

There is an option for a 2 week courtesy access for those who are unsure they will continue in the course or for those needing to delay purchase due to financial concerns. This access will start the day you register for Connect.
As this is an option all students should be on Connect by WEEK 2 to complete all assignments that begin this week. There will be no extensions on due dates for assignments.

1. If you run into any problems for any feature of Connect, you will need to contact the customer service team at 1-800-331-5094 or visit their website (http://mpss.mhhe.com/) to send them an email or participate in a live chat.

**** If a problem occurred when doing any assignment that prevented you completing assignment by the due date: Call Connect support immediately. You will be provided with a ticket number by the support team. You will then need to email me immediately, provide to me the ticket number and an explanation of the problem. If you need to redo an assignment due to this problem I will then contact you to reassign the assignment.

You will need to purchase a Clicker from the bookstore. Clickers will be used for participation.
Or you can purchase Responseware.
SEE HANDOUTS ON THESE DEVICES IN CONTENT ON D2L.

Course D2L site: All students are expected to demonstrate knowledge and ability to access and utilize the Learning management system used at UW-Milwaukee which is Desire to Learn (D2L). You will access D2L from the www.uwm.edu home page. Click on the D2L tab. On the D2L homepage you will find this course. On the right side of this page you will see links for D2L help for students. For any problems with access or utilizing D2L please stop by Bolton 225 or call 229-4040.

D2L will be my communication tool; on the course home page you will see NEWS. This is where I will be posting important information.
CONTENT area is where to find lecture notes and assignment descriptions.
LINKS: You will see the link to the course site on McGraw Hill Connect to be used for assignments, quizzes and exams. I will also post other links to sites you may find of interest.
QUIZZES: All Chapter Quizzes and Exams will be on the Connect site.
DISCUSSION: will be utilized for extra credit opportunities.

DROPBOX will be used to submit your food record assignments. You need to make sure you complete each step to submit successfully. On the dropbox tab:

1. Click on the folder for the assignment
2. Click (add a file)
3. in the popup window, click (browse)
4. navigate to the desired file and double click (make sure the file submitted is a pdf)
5. click (upload)
6. click (submit)
7. click (done) on the following screen

GRADES: you should be checking your grades on D2L weekly to make sure your grade for all assignments, extra credit, clicks for the class period, quiz or exams are posted. You need to notify me within one week of the due date of any discrepancies for me to make any adjustments with the grade. (i.e. do not contact me week 14 of class of a missed grade in week 2)

Learning Activities
Readings: Read assigned chapter(s) in the text prior to class to be prepared for class discussion.
Lecture Material: You can obtain the lecture notes in PDF format on D2L in the content section. Note that not all the power point slides will be posted; this information will be obtained by coming to class. The information that is on the slides will be covered in the chapter.

Learning Assessment:
Food Records: (6% of grade)
You will be completing a total of three (3) Food records. You will submit these in the Drop box by the due date. Late Assignments will NOT be accepted.

FOOD RECORD ONE: (2 points)
This record is to get you more familiar with the Dietary Guidelines and MyPlate.
In the textbook, complete the Take Action questionnaire on page 60 (Are you putting the Dietary Guidelines into Practice). Next review the Take Action on pg. 67, Does your Diet meet MyPlate recommendations?
1. Record your food and beverage intake for 3 consecutive days.
2. Put your data into NutricalcPlus
3. In the report tab, find MyPlate and review how your intake compares to the guidelines based on MyPlate.
4. You will submit this report in dropbox for this assignment (.5 points)
5. Answer the following questions and submit to dropbox.
   1. What are your strengths and weakness in regards to your food choices based on MyPlate (.5 points)
   2. Was there a correlation between your results of MyPlate and your answers to the Take Action on the Dietary Guidelines? (.5 points)
   3. List 2 specific dietary changes that you could make to improve your intake (.5 points)
      For Example:
      a. I will drink 4 ounces of milk with breakfast for 3 days per week.
      b. I will eat 1 additional serving of fruit at least 5 days per week.
      c. I will eat at 3 ounces of protein with supper.
      d. I will eat a protein serving for breakfast.
FOOD RECORD TWO: (2 points)
This food record is to have you focus on your understanding of your fat recommendations/intake.
Refer to Chapter 6, page 205.
1. Record all food and beverages consumed for 3 consecutive days.
2. Put your data into NutricalcPlus.
3. In the report tab; go to the Calories and Fat report.
4. You will submit this report into dropbox. (.5 points)
5. Answer the following questions and submit to dropbox.
   1. What is your specific fat recommendation? List the grams of total fat, mono/polyunsaturated, saturated and trans fat that would best meet your health needs. (list how you determined/calculated what your needs are) How many mgs of cholesterol is recommended to consume/day if one chooses to have foods containing cholesterol. (.5 point)
   2. Based on your report how do these 3 days compare to the recommendations? (.5 points)
   3. List 2 specific dietary changes you can make in your fat intake to improve your intake. If your report shows you currently are meeting your recommendation then state what foods you consume to meet these recommendations. (.5 points)
      For Example:
      a. I will only eat one fast food meal per week to reduce my total and saturated food intake.
      b. I will use olive oil instead of vegetable oil to improve my intake in monounsaturated fat.

FOOD RECORD THREE: (2 points)
For this record you will be assessing carbohydrate intake, applying your knowledge of carbohydrates for a triathlete. (Chapter 11). You will be taking on the role that you are a triathlete needing to get at least 600 gms of carbohydrate per day.
1. Record all food and beverages consumed for 3 consecutive days.
2. Put your data into NutricalcPlus.
3. In the reports tab, go to Single Nutrient report. Click on the drop down menu and select Carbohydrates.
4. You will submit this report into dropbox. (.5 points)
5. Answer the following questions and submit to dropbox.
   1. How many gms of carb did you consume on your typical 3 days?
   2. If you did not reach the goal of 600 gms carbohydrate per day, now list the carbohydrate foods that you could eat to get yourself up to the goal of 600 gms of carbohydrate/day. You need to list the specific portion and then the amount of carbohydrate for that portion. Keep in mind that you are an athlete so your choices should help you achieve your nutritional needs. Be realistic, use foods not supplements. (1.5 points)

LearnSmart: (10% of grade)
There will be 10 chapters in the book you will be assigned a session in LearnSmart located on Connect. This is an interactive session of questions based on the chapter material. It is recommended to read the chapter first. You will be receiving 1 point for each unit. The program will grade you on your mastery of the subject based on a 100 point scale. You may spend as much time as you want to achieve mastery of this material. The unit will open on the first day of the module and will close on the day before the module exam. This will be helpful in studying for both the quizzes and exams. You have full access to all LearnSmart modules so even if it is not assigned you can still do these for study purposes. You can access on right side of homepage of Connect. Late assignments are NOT accepted. I would recommend you use LearnSmart for each chapter, even those that are not assigned, as it is a great learning tool.
LearnSmart Prep
All students must complete LearnSmart Prep. This will highlight the areas of learning that you may need further help in to successfully complete the course. In completing this assignment you will receive 1 point added on to your final grade at the end of the semester. Late assignment will NOT be accepted.

**Homework: (10%)**
There will be 10 chapters assigned in Connect as Homework. You are able to re-do these assignments until you achieve the max score of 100%. You need to complete by the due date stated in the syllabus and on Connect. Each assignment is worth 1 point. Late assignments will NOT be accepted.

**Exams: (40% of grade)**
At the conclusion of a learning module, students will complete a 50 question, multiple choice exam, each worth 10 points. All material covered in class, lecture notes, readings and learning activities are considered to be testable material. Exams will focus on material covered in current module; however, mastery of concepts from previous material is expected. Exams are posted on McGraw Hill Connect site. The exam will be opened starting at 9 pm on date of exam and will close at 11:30 pm on the following day AFTER they are scheduled on the syllabus. Exams will be timed, 55 seconds per question.

NOTE: Exam 4 is during Finals Week so this is only opened for the one day.
Exams are the only assignment that if miss you are allowed a makeup however:
Missed exams will result in an automatic 15 point deduction on the make-up exam for all unexcused absences.

**Quizzes: (26 % of grade)**
There will be 13 quizzes to be completed on Connect and worth 2 points each.

Late quizzes will Not be accepted.

The quizzes will begin at 9:00 pm on the class date associated with the chapter and will end on Friday at 11:30PM. (This gives you 2 days to complete the quiz). Quizzes will be timed, 55 seconds per question. (NOTE: Reviewing the chapter in the textbook before taking the quiz and prior to the class discussion of the material will assess your progress towards reaching stated learning objectives for each chapter and encourage a better understanding of the material.)

There will be no make-up quizzes.

**Participation: (8%)** This is where you will be using Clickers/Responseware in class. At the end of the semester the number of clicks will be totaled. If you have 75% or more of these clicks you will receive full points, 50 to 74% you will receive half the points and if you have 50% or less of the clicks you will not receive any points.
If you are unable to attend class due to illness, emergency or scheduling conflict I need to be notified prior to class for consideration for clicker points awarded for that class period.

**Extra Credit: (5 points)**
There are several opportunities throughout the semester to earn extra credit. These supporting activities will help to further examine and demonstrate key learning concepts in the course. Students who choose to complete the activities can earn up to a total of 5 extra points for the semester. Detailed instructions for all the extra credit activities are posted on D2L in the Discussion section. These will be submitted in the D2L discussion section.

Late assignments will NOT be accepted.
Grades: Grades are based on a total of 100 points and will be assigned according to the scale below. Grades will be assigned according to the following scale, based on total points earned from exams, quizzes, homework, food records, participation and Learn Smart. I will be posting grades regularly on D2L. You need to notify me immediately (within one week of the due date) of any discrepancies.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Number of Assignments</th>
<th>Points per assignment</th>
<th>Total Points</th>
<th>% of total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>LearnSmart</td>
<td>10 chapters</td>
<td>1</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Homework</td>
<td>10 chapters</td>
<td>1</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Food Records</td>
<td>3 food records</td>
<td>2</td>
<td>6</td>
<td>6%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>Chapter Quizzes (13)</td>
<td>2</td>
<td>26</td>
<td>26%</td>
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<tr>
<td>Participation</td>
<td>Clicks per week</td>
<td></td>
<td>8 if have 75% of total clicks, 4 points if have 50 to 74% of total clicks, no points if less than 50% of total clicks</td>
<td>8% potential</td>
</tr>
<tr>
<td>Exams</td>
<td>4</td>
<td>10</td>
<td>40</td>
<td>40%</td>
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</table>

<table>
<thead>
<tr>
<th>% Total Points</th>
<th>Grade</th>
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<th>% Total Points</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100 - 92</td>
<td>A</td>
<td>84 - 82</td>
<td>B</td>
<td>75 - 73</td>
<td>C</td>
<td>66 - 64</td>
<td>D</td>
</tr>
<tr>
<td>91 - 88</td>
<td>A-</td>
<td>81 - 79</td>
<td>B-</td>
<td>72 - 70</td>
<td>C-</td>
<td>63 - 60</td>
<td>D-</td>
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<tr>
<td>87 - 85</td>
<td>B+</td>
<td>78 - 76</td>
<td>C+</td>
<td>69 - 67</td>
<td>D+</td>
<td>Below 60</td>
<td>F</td>
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Course Policies

Excused Absence
1. If you are unable to take an exam on the assigned day or complete the quiz by the assigned date you must notify me BEFORE the due date and time. Reasons for reschedule of these assignments are:
   a. Documented illness of such severity that the student is prevented from taking exam or quiz. Documentation must be written, dated and signed by healthcare provider.
   b. Documented serious illness or death in the immediate family. Documentation of illness must be written, dated and signed by healthcare provider or death by obituary.
2. Only absences documented with appropriated dates will be excused.
3. Documentation, as outlined above needs to be presented to instructor by the following class, documentation presented late will not be considered and absence will not be excused.
4. Exams/quizzes will be rescheduled only after documentation is presented and determined either an excused or unexcused absence.
5. It is the student’s responsibility to provide documentation (I will not remind or ask you)
**Attendance and Tardiness:**
Students are expected to attend all classes and be ready to participate. All phones should be on silence or vibrate during class. In respect of your fellow students and the instructor you should be in class on time and do not leave during lecture. If you need to leave early you should leave at the break. It is the student’s responsibility to obtain information and any material covered in class if they are absent for either partial or full class.

**Email Policy: Reasons for emailing me:**
1. Need to set up an appointment.
2. Need a clarification on an assignment.
3. When emailing me you need to state your question clearly.
4. **If you email me with a question that is addressed in the syllabus my response will be “refer to syllabus”**.
5. I do check my emails daily but generally not until after 6 pm, I should respond within a 24 hour period, however if you do not hear from me within 48 hours email me again.
6. You need to state your full name and the course name in the subject line.

**Academic Misconduct:**
University policy prohibits and punishes misconduct which includes but not limited to plagiarism, cheating, assisting other students in any of these acts. Students engaging in academic misconduct are subject to penalty such as failing grade for an exam or assignment and expulsion from the university.

Link to student handbook: [http://www4.uwm.edu/dos/](http://www4.uwm.edu/dos/)

**Special Accommodations:**
Students with disabilities and/or health conditions that may affect full participation in this course should contact the instructor during the first week of classes. Registration with Accessibility Resource Center (ARC) is required. This information is private and will be kept confidential.

**Everything Else:** Details pertaining to specific University policies regarding students with disabilities, religious observances, students called to active military duty, incompletes, discriminatory conduct (such as sexual harassment), academic misconduct, complaint procedures, grade appeal procedure, and other information can be found on the Secretary of the University Web site: [http://www4.uwm.edu/secu/SyllabusLinks.pdf](http://www4.uwm.edu/secu/SyllabusLinks.pdf)

The instructor and the University reserve the right to modify, amend or change the syllabus (course requirements, grading policy etc) as the curriculum and/or program requires.
<table>
<thead>
<tr>
<th>Module</th>
<th>Date</th>
<th>Lecture</th>
<th>Quizzes</th>
<th>Assignments</th>
<th>Extra credit</th>
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<tbody>
<tr>
<td><strong>Module 1</strong></td>
<td><strong>Nutrition Basics</strong></td>
<td>9/2/15</td>
<td>Chapter 1- The Science of Nutrition</td>
<td>None</td>
<td>Get registered with Connect, Clickers/Responseware, Nutricalc, Do LearnSmart Prep</td>
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<tr>
<td></td>
<td></td>
<td>9/9/15</td>
<td>Chapter 2- Tools of a Healthy Diet , Chapter 3- The Food Supply</td>
<td>Chap 2 and 3 Quizzes Closes at 11:30PM 9/11/15</td>
<td>Homework chapter 1 due 11:30PM 9/09/15 LearnSmart Prep is Due by 9/11/15 at 11:30PM</td>
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<td>9/16/15</td>
<td>Chapter 4- Human Digestion and Absorption</td>
<td></td>
<td>Homework chapter 4 due at 11:30PM 9/16/15 LearnSmart chapters 2 and 4 due 11:30PM 9/22/15</td>
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<tr>
<td><strong>Exam 1</strong></td>
<td></td>
<td><strong>To be completed on Connect</strong></td>
<td>9/23- 9 pm to 9/24/15 at 11:30 pm 50 questions. 55 seconds per question</td>
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<tr>
<td><strong>Module 2</strong>:</td>
<td><strong>Energy Yielding Nutrients and Alcohol</strong></td>
<td>9/23/15</td>
<td>Chapter 5- Carbohydrates</td>
<td>Chap 5 Quiz Closes at 11:30PM 9/25/15</td>
<td>Homework chapter 5 due by 11:30PM on 9/23/15</td>
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<td>9/30/15</td>
<td>Chapter 6- Lipids</td>
<td>Chap 6 Quiz close at 11:30PM 10/2/15</td>
<td><strong>FOOD RECORD 1 DUE 9/30/15 by 11:30 PM</strong></td>
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<td>10/7/15</td>
<td>Chapter 7- Protein Chapter 8- Alcohol</td>
<td>Chap 7 Quiz close at 11:30PM 10/9/15</td>
<td>Homework Chapters 7 due 11:30PM 10/07/15 LearnSmart chapters 5 and 6 DUE 10/13/15 by 11:30PM</td>
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<tr>
<td><strong>Exam 2</strong></td>
<td></td>
<td><strong>To be completed on Connect</strong></td>
<td>10/14- 9:00PM to 10/15/15 at 11:30 pm. 50 questions- 55 seconds per question</td>
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<tr>
<td>Module 3: Metabolism and Energy Balance</td>
<td>10/14/15</td>
<td>Chapter 9- Energy Metabolism</td>
<td>CH 9 Quiz close at 11:30PM 10/16/15</td>
<td>Veg it out due 10/16/15</td>
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<td>10/21/15</td>
<td>Chapter 10-Energy Balance, Weight Control and Eating Disorders</td>
<td>Chap 10 Quiz close at 11:30PM 10/23/15</td>
<td>Homework Chapter 10 due 10/21/15 by 11:30PM FOOD RECORD 2 DUE 10/21/15 By 11:30PM</td>
<td>Get the Salt out due 10/23/15</td>
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<td>10/28/15</td>
<td>Chapter 11- Exercise and Sports</td>
<td>Chap 11 Quiz Close at 11:30PM 10/30/15</td>
<td>Homework Chapter 11 due 10/28/15 by 11:30PM LearnSmart chapters 9 and 10 Due 11/3/15 by 11:30PM</td>
<td>Lactose Intolerance due 10/30/15</td>
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<td>Exam 3</td>
<td>To be completed on Connect</td>
<td>11/4- 9 pm to 11/5/14 at 11:30 pm 50 questions, 55 seconds per question</td>
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<td>LearnSmart chapters 14 and 15 Due 11/17/15 by 11:30PM</td>
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<tr>
<td>Module 5: Nutrition Applications in the Life Cycle</td>
<td>11/18/15</td>
<td>Chapter 16- Nutritional Aspects of Pregnancy and Breastfeeding</td>
<td>Chapter 16 Quiz Closes at 11:30PM 11/20/15</td>
<td>Nutrition Article due 11/20/15</td>
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<td>12/2/15</td>
<td>Chapter 17- Nutrition During the Growing Years</td>
<td>Chapter 17 Quiz Closes at 11:30PM 12/4/15</td>
<td>Homework Chapter 17 due 12/02/15 at 11:30PM</td>
<td>CH 17 Take Action (pg 645 Getting Bill to Eat) due 12/4/15</td>
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<tr>
<td>Date</td>
<td>Assignment</td>
<td>Details</td>
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<tr>
<td>12/09/15</td>
<td>Chapter 18- Nutrition During the Adult Years</td>
<td>Homework Chapter 18 due 12/9/15 at 11:30PM</td>
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<td></td>
<td>Learn Smart Chapters 16 and 18 due 12/15/15 by 11:30PM</td>
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<td></td>
<td>CH 18 Take Action pg. 682 (Helping Older Adults Eat Better) due 12/11/15</td>
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<tr>
<td>EXAM4 12/16/15</td>
<td>To be completed on Connect</td>
<td>You will have from 5:00 am to 11:30pm to complete, 50 questions. 55 seconds per question.</td>
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**NOTE:**
Exam 4 is during Finals week so it is opened ONLY FOR THIS ONE DAY AND AT TIME LISTED!!!!

**SUMMARY OF ASSIGNMENTS**

1. All Quizzes are due on the Friday after class the Chapter was covered in class by 11:30PM.
2. Homework assignments are due the NIGHT the chapter was covered in class by 11:30PM.
3. Learn Smart assignments are due on the Tuesday before the exam by 11:30PM. (Note for Module 4 there is no exam but assignments are due on Tuesday before Module 5 begins. Although these are due by the end of the module, it is in your best interest, so you can do well on the quizzes and exam, to do these either prior to the chapter being covered in class or shortly after so you can assess you understanding of the material.
4. Exams will start at 9:00PM on the day the exam opens as stated in the syllabus and closes the next day by 11:30PM.
5. Extra Credit Assignment due on stated date by 11:30PM.
6. ALL due dates are stated in the syllabus and/or Connect.
Use the calendar in Connect to help you keep on track with the due dates for these assignments.