

DISCUSSION FORUM

Asynchronous discussion enhances learning as you share your ideas, perspectives, and experiences with the class. You develop and refine your thoughts through the writing process, and broaden your understanding of the course content. Each week students are required to make three (3) thoughtful, substantive and substantiated posts, in response to the discussion question prompt with required (and sometimes optional) supporting articles or videos for you to view before responding. Some weeks there are multiple questions for you to consider – choose one or two to address in your response.

The ‘initial response post’ must address the discussion question/s, and contain at least one scholarly or credible reference* and in text citation (in APA format) that substantiates your assertions, opinions, and statements (i.e. New York Times, scholarly journal, documentary, book, course material, etc.). Once you have read your classmates’ initial response posts, reply to two of their initial posts (disagree or agree, as long as your response is substantiated). In your comments, be sure to address BOTH the question itself and your classmates’ comments (if they have made any).

(* Scholarly references are materials that are edited or peer reviewed by professionals. Credible websites are permissible if they are legitimate professional websites (such as the government and organizational websites listed in the ‘weblinks’ section of the course home page and week pages). Websites such as Wikipedia are not acceptable since anyone can post or edit materials.

Requirements:

Each week, your initial response post (substantiated with a minimum of one in text citation and reference in APA format) is due THURSDAY at 11:59PM; and your two reply posts are due Sunday at 11:59PM. *Due dates are absolute.* Post all responses in the discussion forum on E-360.

Expectations:

- Your initial post (1-2 paragraphs) and reply posts should be thoughtful, substantive, substantiated (cited in APA format) and respectful. Just posting an "I agree" or "Good ideas" will not be considered adequate. Support your statements with examples, experiences, and references. You are, however, encouraged to be brief — keep each post to one or two paragraphs. Keep in mind that your fellow learners will be reading and responding to you too.
- Make certain to address the discussion prompt(s). This does not mean you should not extend the topic, but do not stray from the topic. Your responses should be a thoughtful sharing of your own ideas, experiences, or suggestions. It is important that all of your postings demonstrate that you have reflected on the subject. Your posts need to demonstrate critical thinking skills and make a positive contribution to the class.

- It is strongly recommended that you read through all of the existing responses first, prior to replying to an individual response. You will find that in doing so you will be able provide greater breath in your own responses and avoid repeating ideas that have already been presented.
- Always respond to question poised to you by classmates or the instructor.
- You may disagree with your instructor or fellow students, but please do it respectfully.
- You may be passionate about your nutrition and health beliefs and practices, but please be considerate of differing views, and refrain from dispensing any ‘advice’.
- When relevant, add to the discussion by including prior knowledge, work experiences, references, web sites, resources, etc. (giving credit when appropriate). If you are borrowing an idea from a text, article, web site, or other person, ALWAYS include your source in your posting, using APA guidelines.
- Effective communication is a critical component of the forum. Please read everything carefully and proof your replies before posting. A good practice is to construct your responses in Microsoft Word then copy and paste into the forum (this also prevents the frustration of ‘losing your post’ should the page time-out, or other technical mishap occur).
- Your contributions to the discussions (posts and responses) should be complete and free of grammatical or structural errors. All discussion posts must be free of texting and digital slang/acronyms. For example, digital slang such as “BTW” (by the way), “IAWTP” (I agree with this post), or “AIUI” (as I understand it) is not acceptable. Please use full sentences, full words, capitalize the word I, etc.
- Discussion forums are a great way to pull online learning together, so you are encouraged to post and respond regularly. The greater the participation – the greater the educational reward.
- Please expect to read many posts each week and make quality contributions to the discussion.
- Discussion forum rubric:

Criteria	Unacceptable	Acceptable	Good	Excellent
Frequency	Participates not at all.	Participates 1-2 times on the same day.	Participates 3 times but postings not distributed throughout week.	Participates 3 or more times throughout the week.
Initial Assignment Posting (max 4	Posts no assignment.	Posts adequate assignment with superficial thought and preparation; doesn’t	Posts well developed assignment that addresses all aspects of the task; lacks full	Posts well developed assignment that fully addresses and develop all aspects of the task.

points)		address all aspects of the task.	development of concepts.	
Follow-Up Postings	Posts no follow-up responses to others.	Posts shallow contribution to discussion (e.g., agrees or disagrees); does not enrich discussion.	Elaborates on an existing posting with further comment or observation.	Demonstrates analysis of others' posts; extends meaningful discussion by building on previous posts.
Content Contribution	Posts information that is off-topic, incorrect, or irrelevant to discussion.	Repeats but does not add substantive information to the discussion.	Posts factually correct information; partial development of concept or thought.	Posts factually correct reflective and substantive contribution; advances discussion.
References & Support	Includes no references or supporting experience.	Uses personal experience, but no references to readings or research.	Incorporates some credible references and personal experience; mostly correct APA format.	Uses credible references, readings, and personal experience to support comments; correct APA format.
Clarity & Mechanics	Posts long, unorganized or rude content that may contain multiple errors or may be inappropriate.	Communicates in friendly, courteous and helpful manner with some errors in clarity or mechanics.	Contributes valuable information to discussion with minor clarity or mechanics errors.	Contributes to discussion with clear, concise comments; well formatted; free of grammar/spelling errors.

Each criterion can earn a maximum of 2 points with the exception of the initial post which can earn up to 4 pts. Week discussions earn a maximum of 12 points.