

GUIDELINES FOR UNDERGRADUATE RESEARCH
NUTR 499: UNDERGRADUATE RESEARCH (1-5, MAX 10)

For Students:

Undergraduate Research in food systems and nutritional sciences allows undergraduate students to engage in research projects under the supervision of Nutritional Sciences Program faculty. Students typically organize their own research experience through relationships they develop with faculty and you should have projects in mind when you approach faculty members to ask for mentorship.

Please examine these guidelines carefully to ensure NUTR 499 is a good match for your goals.

1. This course is meant for students who desire research experience toward a specific academic goal.
2. This course is only offered Credit/No Credit.
3. This course is offered for variable credit, from 1 – 5, during a single quarter.
4. You may take a maximum of 10 credits of NUTR 499 over the course of your study.
5. It is your responsibility to maintain a copy of the learning contract at least until the grade for the course is posted.

Please check each box below to confirm:

- I understand that no more than 5 credits **combined** of internship, study abroad, service learning, and research credits may be applied towards the upper division electives requirement for the Food Systems, Nutrition, and Health major or Nutrition minor. If I would like to apply my NUTR 499 credits towards these 5 permitted credits, it is my responsibility to email ugnutr@uw.edu **after** registering for NUTR 499 to request this update in my degree audit (DARS).
- I give my permission to the Nutritional Sciences Program to share my research title and description via the [Student Projects page](#) on the NSP website.

For Faculty:

Faculty members are under no obligation to take on projects with students and indeed should not do so unless they feel they can be enthusiastic and available for the project. Below are guidelines to help you assess the student's Undergraduate Research proposal:

1. Credit hours for the work should be assigned based on 1 credit per 3 hours of work/week (30 hours for the quarter). For example, because a 5 credit Undergraduate Research course counts for 5 credits of upper-division credit, it should be the same amount of work and scope as a regular 5-credit lecture course.
2. Graduate students, whether acting as TAs, RAs, or instructors, may help mentor but are not allowed to assign the grade for undergraduate research credits under any circumstances.

LEARNING CONTRACT FOR UNDERGRADUATE RESEARCH

Quarter: _____ UW student #: _____

Student First Name: _____ Student Last Name: _____

UW Email: _____

Faculty Mentor: _____

Number of credit hours proposed for this course: _____

Undergraduate research title: _____

Identify the topic of your research:

Explain why this topic is of interest to you:

How will participating in this research experience contribute to a specific academic goal?

How do you expect your involvement in this research will contribute to the creation of new knowledge?

What research methods/techniques do you plan to pursue?

In what way(s) will you demonstrate your learning from your involvement with this study?

We have read the guidelines and agree to the learning contract as outlined above.

Student signature _____ Date _____

Faculty signature _____ Date _____