

Course Catalog

Graduate Program In Nutrition and Health Promotion

2003-2004

Simmons College

Simmons College is a private, nonsectarian, four-year college for women, with four large graduate schools (the School for Health Studies, the Graduate School of Library and Information Science, the School of Management, and the School of Social Work), as well as the Graduate Studies Program, offering Masters' degrees in several areas. All graduate programs are coeducational although the MBA program in the School of Management is designed for women.

Simmons College was chartered in 1899 and opened in 1902. It is accredited by the New England Association of Schools and Colleges; each professional program is accredited by its own accrediting body. The main academic campus, bounded by The Fenway, Avenue Louis Pasteur, and Palace Road, looks onto a large park, the Museum of Fine Arts, and the Isabella Stewart Gardner Museum. The academic campus that houses the School of Management is located on Commonwealth Avenue in Boston's Back Bay.

The Boston area is rich in offerings in higher education. Simmons believes that students want programs with small classes, highly qualified professors, rigorous curricula, and rich library holdings. Because of its location and mission, Simmons is particularly well-positioned to respond to student and industry needs for high quality programs that reflect the latest advances both in academic and clinical arenas.

Statements in the Simmons College catalogs should be taken as the College's current determination of courses, programs, tuition, and fees. Admission to specific courses and programs will be dependent upon qualifications of students and availability of instruction. Simmons College reserves the right to change its courses, programs, tuition, and fees subsequent to the publication of this catalog.

School for Health Studies

The coeducational School for Health Studies was established in July, 1989, underscoring Simmons' commitment to the preparation of students for positions of leadership in health care. The School brings together the College's health-related programs in health care administration, nutrition, physical therapy, and primary health care nursing, in addition to the post-baccalaureate Dietetic Internship Program in nutrition. In 2001, the School was realigned to include the undergraduate programs in nursing, physical therapy and nutrition. In 2002, the name was changed to The School for Health Studies to reflect the inclusion of undergraduate and graduate teaching. Further information about these undergraduate programs is available at www.simmons.edu. The School's goal is to prepare individuals for clinical and administrative leadership positions in a rapidly changing health care environment. Its programs are committed to educating students to be sensitive to human needs in terms of access and quality of health care, and to also understand the organizational, institutional, and policy constraints that dominate the health care system. Because it incorporates both clinical and administrative programs in one organization, the School is uniquely positioned to respond to the critical need for well-prepared health care professionals, to enhance the opportunities for interdisciplinary cooperation, and to expand the resources available to faculty, graduate students, and the health care community.

SHS students benefit from the College's location in Boston. The city is one of the world's largest medical centers, with more than seventy hospitals, dozens of health centers, and hundreds of other health care-related organizations. These countless resources, combined with Boston's equally distinguished high technology and research institutions, provide excellent learning experiences and career opportunities for students in health-related programs. At 300 The Fenway, Simmons is located in the heart of the Longwood Medical Area, neighbor to the Harvard medical, dental, and public health schools and in close proximity to noted medical institutions such as Beth Israel Deaconess Medical Center, Brigham and Women's Hospital, and Children's Hospital.

Mission

The mission of the Graduate Nutrition Program is to provide the intellectual base for students to be effective participants in a profession that works to influence nutrition and health behaviors of the population.

The program fosters professional growth by developing critical thinking skills and an appreciation for life-long learning. It provides the foundation for leadership, research, and doctoral study in the field of nutrition and health promotion.

Academic Program Information

Advising

Each student is assigned a faculty advisor with whom s/he will work during the program.

Degree/Certificate Requirements:

Requirements for Certificate in Sports Nutrition

The Certificate in Sports Nutrition is awarded to students who have satisfactorily completed the Program (12 credit hours), attaining a B (3.0) average in all courses.

Requirements for Dietetic Internship Certificate

The verification statement of completion of the dietetic internship is awarded to students upon successful completion of the program with a cumulative grade point average of at least 3.0. Students are expected to take the national registration exam.

Requirements for the Degree of Master of Science in Nutrition and Health Promotion

The M.S. is awarded to students who have satisfactorily completed the program (31 credit hours) with a cumulative grade point average of at least 3.0.

Graduation Honors

Any student completing the program course work with a grade point average of 3.80 or higher will be awarded the Master of Science degree with Distinction.

Office of the Registrar

The general functions of the Office of the Registrar are to maintain student academic records and to report data based on this information to the Simmons community and to specific outside agencies. Services to students include course registration, reporting of grades and transcripts, evaluating transfer credit for the undergraduate population and fulfillment of the all-college degree requirements and coordination of information for planned educational leaves of absence. In addition, the Office of the Registrar is responsible for coordinating cross registration within the Colleges of the Fenway and other consortium institutions. This Office of Registrar staff works with the academic deans to schedule class times and room assignments and distributes class lists, grade rosters and records for student advising purposes. This office also provides supportive services to many of the College's administrative committees.

Orientation

An orientation for new students is held at the beginning of the fall semester. Students are notified during June or July about the date and time of this orientation program. Since important information about the School for Health Studies, the program, and the College is provided at that time, it is expected that all new students will

attend.

Student Handbook

A SHS Student Handbook, distributed to students before the start of the academic year, details student rights and responsibilities, SHS academic regulations, tuition and fees, financial aid for graduate students, college facilities, student services, and other useful general information.

Student Records

Simmons College, in accordance with the Educational Privacy Act of 1974 (the Buckley Amendment), provides for the privacy and accessibility of certain student records. Students are permitted to review and inspect their own records and to challenge specific parts of them thought to be inaccurate. This should be done under the supervision of the Program Director or Program Assistant.

Master's Program in Nutrition and Health Promotion

The Master of Science in Nutrition and Health Promotion is designed for those who wish to be leaders in nutrition and wellness. The program attracts students with backgrounds in such disciplines as nutrition, biology, health sciences, health education, athletic training, exercise physiology, or physical education. This program builds upon the decades-long expertise of the Simmons undergraduate program in nutrition and the interdisciplinary resources available in The School for Health Studies (SHS) programs in health care administration, physical therapy, and primary health care nursing. Students are also able to take relevant elective courses in the Simmons graduate programs in Communications Management, Education, and Library and Information Science.

Program of Study

The program of study for the Master of Science in Nutrition and Health Promotion includes nine required courses and two electives. The total credits required for the degree is 31.

Program Features

- The Graduate Program in Nutrition and Health Promotion provides a challenging, flexible curriculum that prepares its graduates for leadership roles in nutrition and wellness.
- The program offers an exciting opportunity to learn in a unique interdisciplinary environment where small group experiences and mentoring are the norm.
- The program provides a supportive educational environment with small classes and a collegial relationship with nationally-known faculty.
- This eleven-course master's degree can be completed by a full-time student in one academic year, including a summer semester.
- The program can also be completed on a part-time basis (for U.S. citizens only).
- Students enrolled in the dietetic internship program can simultaneously enroll in courses in the Masters Program.
- The Simmons program provides the opportunity to complete the academic requirements for obtaining the credentials to become a registered dietitian and obtain a Master of Science Degree in Nutrition and Health Promotion. This option requires the completion of additional undergraduate courses.
- While an undergraduate degree in nutrition is not a requirement for admission, there are specific science and nutrition course prerequisites.
- All graduate nutrition classes are offered in the evening or on weekends.

Program Career Opportunities

The Master of Science in Nutrition and Health Promotion prepares professionals for a variety of career opportunities in health care, business, and government. For students already in the health professions, this degree allows an expansion of their existing practices to include health promotion program planning, implementation, and evaluation. Graduates are qualified to work in the health promotion departments of managed care plans, corporate wellness programs, fitness centers, food service companies, school systems, and for-profit organizations concerned with nutrition and health. Graduates bring a health promotion orientation to the delivery of nutrition services in hospital ambulatory care centers, neighborhood health centers, private practices, and community-based programs.

Graduate Program in Nutrition and Health Promotion Curriculum

Required Courses (25 credits)

NTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation	3
NTR 455	Nutrition, Fitness, and Wellness	3
NTR 460	Nutritional Epidemiology.	3
NTR 461	Exercise Assessment and Prescription.	3
NTR 489	Nutrition Proposal Development.	1
NTR 490	Nutrition Research Project.	4
SHS 410	Research Methods	3
SHS 450	The Health Care System: Interdisciplinary Perspectives	3
SHS 570	Health Promotion: A Global Perspective	2
TOTAL CREDITS		25

Examples of Elective Courses (6- 8 credits)*

NTR 453	Nutrition through the Lifecycle.	3
NTR 462	Sports Nutrition Practice	3
NTR 480	Nutrition Fieldwork.	4
SHS 415	Sports Psychology	3
SHS 426	The Mind/Body Connection.	3
SHS 427	Advanced Interpersonal and Counseling Skills	3
SHS 597	Treatment and Prevention of Eating Disorders	3
COM 453	Strategic Market Planning	4
COM 481	Managing Change Through Communications.	4
COM 485	Communicating Across Cultures.	4
COM 486	Cultural Diversity in the Workplace	4
EDU 415	Fair and Effective Classrooms	4
EDU 440	Educational Telecommunications and Technologies.	4
LIS 468	Communications Media and the Information Professions	4
LIS 431	The Design, Production, and Presentation of Instructional Materials	4
LIS 475	Organizational/Information Ethics	2-4
TOTAL CREDITS		6

* In addition to the courses listed above, students will be able to take selected courses in the Graduate Program in Health Care Administration.

Students may also choose from a series of one-credit modules designed by the School for Health Studies to meet the needs of students for innovative and timely responses to the rapidly changing health care environment.

Sample Curriculum for a Full-Time Student (who has met all the prerequisites)

Fall Semester

NTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation	3
NTR 455	Nutrition, Fitness, and Wellness	3
NTR 461	Exercise Assessment and Prescription.	3
NTR 489	Nutrition Proposal Development	1
SHS 410	Research Methods	3
SHS 570	Health Promotion: A Global Perspective	2

TOTAL CREDITS 15

Spring Semester

SHS 450	The Health Care System: Interdisciplinary Perspectives	3
NTR 460	Nutritional Epidemiology.	3
NTR 490	Nutrition Research Project.	4
TBN	Elective	3

TOTAL CREDITS 13

Summer Semester

TBN	Elective	3
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TOTAL CREDITS 31

Certificate in Sports Nutrition

Nutrition graduates, exercise physiologists, athletic trainers and sports medicine specialists can parlay their expertise into an expanded area of practice. Combining nutrition and exercise knowledge allows students to build competence in the area of personal training and fitness.

The Certificate in Sports Nutrition provides the necessary preparation for the American College of Sports Medicine (ACSM) Health/ Fitness Instructors Exam.

Course Descriptions

SHS 415

Sports Psychology

This course addresses counseling for athletes and teams including performance enhancement, motivation, stress management, and career transitions. Students build on their skills as behavior change educators. They develop an additional understanding of appropriate educational and behavioral change theory and strategies as related to sports psychology. (3 CREDITS)

NTR 455

Nutrition, Fitness and Wellness

This course develops the students' understanding of how food fuels the body and affects athletic performance. The student gains an understanding of how nutrition affects optimal fitness and sports performance. Students design a nutrition/fitness program as a course requirement. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

NTR 461

Exercise Assessment and Prescription

This course builds on the understanding of energy intake, transformation, and liberation. Students learn to evaluate, create, and implement exercise programs for a variety of populations. This course uses a critical reasoning approach to clinical situations. Students apply an understanding of how nutrition and exercise interact to influence work capacity in children and adults. This course is partially Internet-based. Students meet on site at least five times during the semester. (3 CREDITS)

NTR 462

Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a clinical nutrition practice in fitness and wellness. Current nutrition practice delivery systems are investigated, as are reimbursement and legal issues, and market-driven service. Students develop a business plan for a targeted market. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

Dietetic Internship Program

This program, accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, is designed for students who hold an undergraduate degree and meet the requirements for the Didactic Programs in Dietetics as approved by the American Dietetic Association. The program's goal is to provide students with both the attitudes and skills necessary to continue learning in a dynamic discipline. Students develop the intellectual and clinical skills of a successful professional, so as to function efficiently and effectively within a health care or community setting. Dietitians need to be educated to practice not only in hospitals, but in other health care settings such as ambulatory care units and HMOs, as well as in private practice, the business world and government agencies. The emphasis of this program reflects the current trend away from acute hospital-based care and toward health promotion and disease prevention. Upon completion of this program, the student is prepared to take the Commission on Dietetic Registration examination.

Program of Study

The Simmons dietetic internship is a twenty-nine week, full-time program which begins in September. Supervised practice at such sites as acute care and long-term care facilities, community health centers, and public health agencies, and private nutrition practices provides students the opportunity to achieve the performance requirements for an entry-level dietitian.

Twelve graduate credits are earned upon successful completion of the program. The Simmons Dietetic Internship Program awards 9 credits for the fieldwork component and 3 credits for the didactic graduate course. Simmons accepts the 3 credits for didactic course work into the M.S. program. Tuition is charged on the basis of twelve semester credit hours.

There is also an opportunity for students to apply to the Simmons Distance Dietetic Internship. Students who live in the Northeast area may be interested in this option. Students are required to attend campus orientation and attend a class once a week. Clinical rotations must be arranged by the student in their local area. These sites must be approved by the Director of the Program.

The Simmons College internship is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association. The Commission's address is:

Commission on Accreditation for Dietetics Education
The American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995

The telephone number is 312.899.4876.

Students completing the program are expected to take the registration examination. Upon passing, the faculty anticipates that graduates will be capable of practicing in a variety of settings and participating in professional activities. Above all, the graduate is expected to be a dietitian capable of creating an atmosphere of support and respect for individual rights, thereby fostering quality health care and assurance of honor and dignity.

Course Description

NTR 451

Dietetic Internship

The Graduate Nutrition Program maintains special arrangements with Greater Boston health care agencies where staff dietitians supervise students in a variety of settings. Students spend approximately forty hours a week in the field for twenty-nine weeks.

(9 CREDITS)

NTR 452

Nutrition Practice: Program Planning, Implementation, and Evaluation

This course focuses on individual and community assessment, program planning, implementation, and evaluation. Setting program goals that produce outcomes which improve health and support wellness are emphasized. Barriers to change are explored. Program evaluation to determine effectiveness, quality control, and costs will be stressed.

Students plan and evaluate a program for a specified population. (3 CREDITS)

COURSE DESCRIPTIONS

SHS 410

Research Methods

This course focuses on preparing students to critically analyze research literature. Emphasis is placed on critically reading and interpreting published research in terms of applicability to the practice of health care professionals. Taught using small groups, discussions and lectures, this course provides a foundation for subsequent participation in research. (3 CREDITS)

SHS 415

Sports Psychology

This course addresses counseling for athletes and teams including performance enhancement, motivation, stress management, and career transitions. Students build on their skills as behavior change educators. They develop an additional understanding of appropriate educational and behavioral change theory and strategies as related to sports psychology. (3 CREDITS)

SHS 450

The Health Care System: Interdisciplinary Perspectives

The course includes basic epidemiology, determinants of health, an overview of the health system, health providers, financing, and interdisciplinary practice models. It also includes issues of quality, technology, aging and long-term care, ethical analysis, and alternative (complementary) healing modalities. The course is taught in a lecture/seminar format and is open to matriculated graduate students in Health Care Administration, Nutrition, Primary Health Care Nursing, and Physical Therapy. (3 CREDITS)

SHS 570

Health Promotion: A Global Perspective

This interdisciplinary course explores health issues from a societal perspective. An epidemiological model is used to identify health issues from local, community, national, and global perspectives. Healthy People 2000 is used to analyze data on current health issues. Leininger's transcultural model and Pender's model of health promotion focus the discussions. Health promotion of diverse populations is emphasized. Students conduct a needs assessment of a particular population group which allows for the integration of health promotion issues as they are affected by social, political, economic, ethical, and cultural policies. (2 CREDITS)

SHS 597

Treatment and Prevention of Eating Disorders

This course focuses on symptoms, physiological changes, medical treatment team options, and nutrition therapy for eating disorders—*anorexia*, *bulimia*, and *binge eating*. Child, adolescent, and adult eating disorders are reviewed. Prevention strategies and outreach efforts are explored. (1 CREDIT)

NTR 450

Independent Study

The student selects a problem for indepth analysis and study. Prerequisite: graduate nutrition standing and consent. (1-3 CREDITS)

NTR 452

Nutrition Practice: Program Planning, Implementation, and Evaluation

This course focuses on individual and community assessment, program planning, implementation, and evaluation. Setting program goals that produce outcomes which improve health and support wellness are emphasized. Barriers to change are explored. Program evaluation to determine effectiveness, quality control, and costs is stressed. Students plan and evaluate a program for a specified population. Prerequisite: graduate nutrition

standing or consent (3 CREDITS)

NTR 455

Nutrition, Fitness, and Wellness

This course develops the students' understanding of how food fuels the body and affects athletic performance. The principles of nutrition are discussed to provide the student with an understanding of how optimal fitness is achieved. Students design a nutrition/fitness program as a course requirement. The course is taught online.

Prerequisite: graduate nutrition standing or consent (3 CREDITS)

NTR 460

Nutritional Epidemiology

This course includes a study of the basic principles of nutritional epidemiology, and enables students to understand the strengths and weaknesses of research design for epidemiological studies, to analyze and interpret nutritional epidemiological data, and to define effective and safe food and nutrient recommendations for health promotion and disease prevention. The course is taught in a lecture/seminar format. Prerequisite: Statistics (3 CREDITS)

NTR 461

Exercise Assessment and Prescription

This course builds on the understanding of energy intake, transformation, and liberation. Students learn to evaluate, create, and implement exercise programs for a variety of populations. This course develops a critical reasoning approach to clinical situations. Students apply an understanding of how nutrition and exercise interact to influence work capacity in children and adults. This course is partially Internet-based. Students meet on site at least five times during the semester. (3 CREDITS)

NTR 462

Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a clinical nutrition practice in fitness and wellness. Current nutrition practice delivery systems are investigated, as are reimbursement and legal issues, and market-driven service. Students develop a business plan for a targeted market. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

NTR 480

Nutrition Fieldwork

This elective course offers students the opportunity to participate in an individualized nutrition field experience. Prerequisite: graduate nutrition standing or consent (3 CREDITS)

NTR 489

Nutrition Proposal Development

This course prepares students for NTR 490 and must be taken prior to NTR 490. NTR 489 provides the framework for the research project including: problem: statements, literary review, questionnaire development, study design, and data analysis. Prerequisite: SHS 410 or concurrent (1 CREDIT)

NTR 490

Nutrition Research Project

Students design, implement, and write in publishable format a research project related to nutrition and health promotion. Students are guided individually by a faculty member who will be their advisor for the research project. Students formally present their research to faculty and student colleagues. Prerequisites: SHS 410, NTR 452, NTR 455, NTR 460 or concurrent and NTR 489 (4 CREDITS)

Nutrition Faculty and Staff

Teresa T. Fung, S.D., R.D.,

Assistant Professor of Nutrition

B.S. and M.S., Cornell University, S.D. Harvard University School of Public Health

Dr. Fung's recently completed doctoral dissertation investigated the dietary factors and risk of basal and squamous cell carcinoma of the skin in men and women. Her research interests are in the fields of nutrition epidemiology, especially the link between dietary patterns and chronic disease development. Dr. Fung completed her dietetic internship at the Yale-New Haven Hospital where she worked as a clinical nutrition specialist in many specialties, from pediatrics to geriatrics. She also served as the clinical nutrition research coordinator designing research diets for a variety of metabolic research studies. Dr. Fung served as a nutrition consultant to the Harvard University Dining Halls providing individualized nutrition counseling to students.

Nancie Harvey Herbold, Ed.D., R.D.,

Program Director and Ruby Winslow Linn Professor of Nutrition

B.S., University of Rhode Island; M.S. and Ed.D., Boston University

Dr. Herbold recently completed a study on traditional and non-traditional supplement use by adolescents. Other research interests include complementary therapies and weight management issues. Dr. Herbold is studying the nutritional habits and health behaviors of Simmons students, Class of 2001. Dr. Herbold has worked as a consultant for corporate wellness programs, home health agencies, and individuals wanting to improve their nutritional well-being. She is a past-president of the Massachusetts Dietetic Association. Dr. Herbold recently completed a fellowship in adolescent nutrition at Children's Hospital, Boston. She is a member of the state's Nutrition Board and is on the Advisory Committee for the Massachusetts Pediatric Overweight Initiative funded by the Centers for Disease Control.

Elizabeth Metallinos-Katsaras, Ph.D., R.D.,

Assistant Professor of Nutrition

B.S., M.S., Ph.D., all at the University of California/Davis

Dr. Metallinos-Katsaras' graduate work focused on the study of the effects of undernutrition on behavior and growth in children. In her doctoral work, she studied the effects of iron deficiency anemia on cognitive development and growth in preschool aged children. Her research interests have continued to be in the area of maternal and child health, with an emphasis on public health nutrition issues and nutrition surveillance. She has collaborated with the Massachusetts Department of Public Health and the Centers for Disease Control to develop measures to identify groups of children who are at risk for being inactive and to assess the degree of food insecurity among nutritionally at risk families. Studies also include a validation of physical activity survey instrument, and an evaluation of a school-based physical activity and nutrition education program.

Sari Edelstein, Ph.D., R.D.,

Assistant Professor of Nutrition

B.S., Florida State University; M.S., Florida International University and Ph.D., University of Florida

Dr. Edelstein's doctorate dissertation research included ethics education in dietetic preparatory programs. She has previously been in private practice and has served as a hospital Food Service Director and Chief Dietitian. Additionally, Dr. Edelstein is a past president of the Miami Dietetic Association and has served in several other leadership positions in Florida. She has also written some recent articles on the study of Ketogenic diets.

Karlyn Grimes, M.S., R.D.,

Dietetic Internship Coordinator

B.A., Colgate University; M.S. and M.S., Boston University

Ms. Grimes' graduate degrees from Boston University are in Nutrition, and Exercise Physiology. Her major field of interest is sports nutrition. She conducts nutrition workshops, is a freelance writer and maintains a private practice.

Janet Washington, M.P.H., R.D.,

Sports Nutrition Certificate Coordinator

B.S., University of Minnesota and M.P.H., Boston University

Ms. Washington combines over twenty years of clinical experience with more than six years of teaching at the undergraduate level. Her research interests are in the area of maternal and child health, pediatrics, diabetes and obesity. Ms. Washington has worked as a consultant to corporate wellness programs, museums, elementary and middle schools. She also works at Children's Hospital in Boston as part of a research team studying the glycemic index diet and weight loss among children.

Patricia Santoro

A.S., Bay State College

Ms. Santoro is the full time staff assistant for the Nutrition department. She is responsible for managing the administrative needs for the department.

The School for Health Studies Administration and Staff

Gerald P. Koocher, Ph.D.

Dean

Carol Love, Ph.D., R.N.

Professor Emeritus

T.B.A.

Associate Dean for Nursing and

Professor of Nursing

Nancie Harvey Herbold, Ed.D., R.D.

Program Director and Ruby Winslow Linn

Professor of Nutrition

Diane Jette, D.Sc., P.T.

Program Director and

Professor of Physical Therapy

John M. Lowe, III, Ph.D.

Program Director and Associate

Professor of Health Care Administration

Carmen Fortin, M.A.

Assistant Dean/Director of Admission

Tim J. Pryle, M.A.

Assistant Director of Admission

Sandra Northrup, M.A.

Assistant to the Dean

Camille Andrews, B.A.

Staff Assistant

Vilma Torres

Staff Assistant

Simmons College Administration

Daniel S. Cheever, Jr., Ed.D.

President

Lisa Chapnick, B.A.

Senior Vice President for Administration and Planning

Humberto Gonçalves, B.S.

Vice President for Finance and Treasurer

Maria LaTour Kadison, M.B.A.

Vice President for Marketing

Kathleen Rogers, J.D.

College Counsel

Kristina Schaefer, B.A.

Vice President of Advancement

Notice of Non-Discrimination

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Simmons College is first and foremost an academic community whose primary goals are to prepare women and men to be well informed, open-minded, and sensitive to values. To attain these goals we seek to create an atmosphere within which students may become actively engaged members of society and to develop the resources to lead rich personal lives. We hope to achieve these goals through an active and continuing exchange of ideas among students and faculty and the general college community.

To ensure that these goals are attained, Simmons has committed itself to the following principles:

Simmons College supports the principle and spirit of equal employment opportunity for all persons, based on each individual's qualifications and fitness. In accordance with applicable law, the College administers its employment and personnel policies without regard to race, color, religion, national origin, sex, sexual orientation, legally recognized disability, or veteran status.

Simmons College admission and financial aid policies are administered in accordance with the Education Acts of 1965, Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990. The College is committed to admitting students of any race, color, or national origin to all the programs and activities generally made available to students at the College, including scholarship and loan programs, athletic programs, and other College-administered social, educational, and recreational programs, and student services.

Simmons College strives to ensure that all decisions concerning hiring and promotion of faculty and staff, or the educational process of students, are based on considerations appropriate to an academic institution and not on factors such as race, color, sex, sexual orientation, religion, age, national origin, handicap, or veteran status.

Furthermore, Simmons College is committed to creating an atmosphere within which the diversity of its members' individual roles meets with understanding, respect, and encouragement, and where discrimination and harassment by any member of the faculty, staff, or student body against any other will be condemned and redressed. The College does not tolerate sexual harassment of employees or students.

Complaints of discrimination or harassment should be addressed to Director of Human Resources, or the applicable dean for appropriate action.

Admission

Admission Options for MS Programs

- Simmons undergraduates with an overall GPA of 3.0 or higher may apply for the masters program at the end of their junior year (deadline: June 1). If accepted, students can take two graduate courses in their senior year. If their schedule allows, these courses can be taken in the fall and spring semester. Additionally, Simmons undergraduate students who apply and are accepted to the masters program take the last six credit hours of their program tuition-free.
- Undergraduate degree candidates at other academic institutions may apply during their final year of study.
- Applicants who already possess an undergraduate degree may apply at any time (see application deadlines).

Admission Requirements for MS Programs

- Simmons undergraduate/Dix applicants must complete an undergraduate degree before matriculation into the graduate program.
- Other applicants must hold an undergraduate degree from an accredited college or university.
- The following prerequisite courses, **which may be taken at any accredited college or university**, are required:
 - Inorganic Chemistry (at Simmons, CHM 111 or CHM 113)
 - Organic Chemistry (at Simmons, CHM 112 or CHM 114)
 - Anatomy and Physiology I and II (at Simmons, BIO 231 and BIO 232)
 - Fundamentals of Nutrition (at Simmons, NTR 111 or NTR 112)
 - Introduction to Community Nutrition (at Simmons, NTR 237)
 - Human Nutrition (at Simmons, NTR 311) or Nutritional Biochemistry at Simmons, CHM 223 which is highly recommended
 - Introductory Statistics at (Simmons, MTH 118)

An overall GPA of 3.0 or better is required in the prerequisite courses.

Students can be provisionally admitted pending successful completion of the prerequisite courses. Candidates admitted to this option must contact the Office of Student Financial Services directly concerning eligibility for financial aid.

Students cannot take graduate courses until prerequisites are completed. Additionally, international students must be enrolled full time (at least 9 credit hours).

All applicants, except Simmons undergraduates who should apply at the end of their junior, must submit official Graduate Record Exam (GRE) scores taken within the last five years. Copies of student score reports are not acceptable. The GSHS code is 3761. Further information can be obtained by directly contacting: GRE, Educational Testing Service, P.O. Box 6000, Princeton, New Jersey 08541-6000, or by telephone, 609-771-7670, or www.gre.org.

Applicants whose first language is not English, must submit official scores of the Test of English as a Foreign Language (TOEFL) taken within the past two years. The required minimum TOEFL score is 570 (paper test) or 230 (computer test). Copies of student score reports are not acceptable. The GSHS code is 3761. Further information can be obtained by directly contacting: TOEFL, Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151. Telephone: 215-750-8050.

Application Procedure for MS Program

Applicants are responsible for mailing the application packet in one unit (except academic transcripts) to the School for Health Studies. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed application form, including personal statement and check-off list;
2. Three letters of recommendation (in sealed, signed envelopes) from individuals able to comment on the student's academic ability, work experience, and leadership potential. At least two letters should be from a faculty

- member;
3. Official academic transcripts (sealed and signed) from all undergraduate and graduate academic institutions attended;
 4. A nonrefundable \$50 application fee, made payable to Simmons College.

In addition, the following should be sent directly to the School for Health Studies by the testing agencies:

1. The results of the Graduate Record Examination (GRE) taken within the past five years;
2. Students whose first language is not English must submit the Test of English as a Foreign Language (TOEFL) results, taken within the past two years. A minimum score of 570 (paper test) or 230 (computer test) is required. Student score reports are not acceptable.
3. Students who have studied abroad must submit academic documents translated into English. Additionally, the academic records may need to be evaluated by an outside agency, as specified by SHS.

Application Deadline for MS Program

Carefully review application deadline dates for programs in the School for Health Studies. Deadline dates differ. The application deadline for the MS and CSN programs for fall (September) entry is June 1 and for spring (January) entry, it is November 1. **International students must apply for fall entry. It is imperative that students who have or are studying abroad apply at least six months prior to the start of the academic term in which they wish to enroll.** Please allow ample time for the pace of international postal systems, obtaining visa documents, arrival in the U.S. and transitioning to a new environment. **International students will not be allowed to enroll if they arrive after the official start of the term.**

Enrollment Deposit for MS Program

All applicants, except for Simmons students who will apply during the end of their junior year, are required to submit a \$250 non-refundable deposit by July 1 for fall entry and December 1 for spring entry. Simmons applicants must submit a \$100 non-refundable deposit by these dates. This deposit is applied to the first term bill.

Deferred Entrance for MS Program

An accepted student may request in writing to the Assistant Dean/Director of Admission of SHS a deferral of the entrance date for a maximum of one year. The student must indicate what he/she will do in the interim. If granted a deferral, a non-refundable enrollment deposit of \$250 is required to ensure enrollment. Simmons students are required to submit a \$100 non-refundable deposit. International students will be considered on an individual basis, due to immigration issues.

Certificate in Sports Nutrition Program of Study

The program consists of four, three-credit courses and can be completed in either one or two years. Courses may transfer to the Master's nutrition program and are offered in the evening and on weekends.

Students completing the program are prepared to take the ACSM Health/Fitness Instructors Exam.

Admission Requirements for Certificate in Sports Nutrition

The student must hold an undergraduate degree in nutrition, exercise physiology, kinesiology or sports medicine or related fields. Prerequisite courses include: introductory nutrition, anatomy and physiology I and II from an accredited college or university. Students are selected on the basis of academic performance, letters of recommendation, and personal statements.

Application Procedure for Certificate in Sports Nutrition

Applicants are responsible for mailing the application packet in one unit (except academic transcripts) to the School for Health Studies. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed application form, including personal statement and check-off list;
2. Two letters of recommendation (in sealed, signed envelopes) from individuals able to comment on the academic ability, work experience, leadership potential, character, and personality of the applicant. At least one letter should be from a faculty member;
3. Official academic transcripts (signed and sealed) from all undergraduate and graduate academic institutions attended;
4. A nonrefundable \$50 application fee, made payable to Simmons College. In addition, the following should be sent directly to the School for Health Studies by the testing agencies:
 1. Students whose first language is not English must submit the Test of English as a Foreign Language (TOEFL) results, taken within the last two years. A minimum score of 570 (paper test) or 230 (computer test) is required.
 2. Applicants who have studied abroad must submit academic documents translated into English by an independent translator. Additionally, the academic records may need to be evaluated by an agency specified by the School for Health Studies.

Application Deadline for Certificate in Sports Nutrition

Carefully review application deadline dates for programs in the School for Health Studies. Deadline dates differ. The CSN deadline for fall (September) entry is June 1 and for spring (January) entry, it is November 1.

Enrollment Deposit for Certificate in Sports Nutrition

Accepted students must submit a \$250 non-refundable deposit by July 1 for fall entry and December 1 for spring entry. Simmons applicants must submit a \$100 non-refundable deposit by these dates. This deposit is applied to the first term bill.

Deferred Entrance for Certificate in Sports Nutrition

An accepted student may request in writing to the Director of Admission of SHS a deferral of the entrance date for a maximum of one year. The student must indicate what he/she will do in the interim. If granted a deferral, a non-refundable enrollment deposit of \$250 is required to ensure enrollment. Simmons students are required to submit a \$100 non-refundable deposit. The deposit is applied to the first term. International students will be considered on an individual basis, due to immigration issues.

Admission Requirements for Dietetic Internship Program

The student must hold an undergraduate degree from an accredited college or university and meet the didactic requirements of the American Dietetic Association. Students are selected on the basis of academic performance, letters of recommendation, work experience, civic and/or university activities, and their personal statements.

Application Procedure for Dietetic Internship Program

Applicants are responsible for mailing the application packet in one unit (except academic transcripts) to the School for Health Studies. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed Supervised Practice Program application form including a personal statement and a check-off sheet;
2. Three letters of recommendation (in sealed, signed envelopes) from individuals able to comment on the academic ability, work experience, leadership potential, character and personality of the applicant. At least two letters should be from a food and nutrition instructor;
3. Official academic transcripts (sealed and signed) from all undergraduate and graduate academic institutions attended;
4. Verification of completion of Didactic Program in Dietetics approved by the Commission on Accreditation for Dietetics Education of the American Dietetics Association or the Declaration of Intent to Complete Didactic Program. (In the latter instance, the verification statement must be received before the student enters the program.);
5. A nonrefundable \$50 application fee, made payable to Simmons College.

In addition, the following is required and should be sent directly to the School for Health Studies by the testing agencies:

1. Applicants whose first language is not English must submit the Test of English as a Foreign Language (TOEFL) results, taken within the last two years. A minimum of 570 (paper test) or 230 (computer test) is required.
2. Applicants who have studied abroad must submit academic documents translated into English by an independent translator, as well as in the native language. Additionally, the records may need to be evaluated by an agency specified by the School for Health Studies.
3. All non-U.S. citizens who will require a student visa for study in the U.S., must provide accurate and current (within six months prior to applying) evidence of ability to pay for the cost of a SHS education. These costs are variable and outlined on the enclosed "Certification of Finances" form. **Both sides of this form must be completed and returned directly to the SHS Office of Admission.**

If this form is not used, an original signed statement from the applicant's sponsor indicating a willingness to provide financial support and a statement from the sponsor's bank verifying the availability of sufficient funds must be received.

All documents must be signed in original ink, written in English and funds must be shown in U.S. dollars (\$). Certain countries limit the amount of money which may be sent abroad. Thus, it is very important for the applicant to inquire about the regulations in the home country concerning transfer of funds. **Applications cannot be reviewed without certification and documentation of financial resources.**

All applicants to Dietetic Internships (DI) must participate in computer matching. Applicants should request instructions and a mark/sense card to prioritize their DI or AP4 preferences. Applicants should request this material from any ADA-approved Didactic Program in Dietetics or from D & D Digital Systems. This request should be made early enough to allow turn around time for submission by the **February 15 (postmark)** national deadline. There is no charge for this material. However, there is a \$50 charge for computer matching that is due with the applicant's prioritized ranking. Address requests to:

D & D Digital Systems
304 Main Street, Suite 301
Ames, IA 50010-6148
Telephone: 515.292.0490
Fax: 515.663.9427
Email: dnd@netins.net

Application Deadline for Dietetic Internship Program

The national application deadline is February 15.

Enrollment Deposit for Dietetic Internship Program

All applicants who are matched are required to submit a \$250 non-refundable deposit by May 1. This deposit is applied to the first term bill.

Commonly Asked Questions

If I want to apply to both the Graduate Program in Nutrition and Health Promotion and the Dietetic Internship Program, can I use one application?

Yes, submit the Dietetic Internship Program application and Page A of the Application for Admission for Graduate Nutrition.

If accepted at both programs, how can I do them at the same time?

It is possible to be accepted and enrolled in both programs. However, since the 29-week dietetic internship program is a full-time commitment, the M.S. program needs to be started on a part-time basis during that time. The graduate program courses are offered in the evening. Students have found it feasible to take one or two courses a semester while enrolled in the Dietetic Internship Program. Once the Dietetic Internship Program is completed, the student has the option of completing the master's degree on either a full- or part-time basis (non-U.S. students must be enrolled full-time).

Are credits earned in the Simmons Dietetic Internship Program transferable to a master's degree program?

Each master's degree program has its own transfer requirements. The Simmons Dietetic Internship Program awards 9 credits for the fieldwork component and 3 credits for the didactic graduate course. Simmons accepts the 3 credits for didactic course work into the M.S. program.

Can I take Sports Nutrition courses if I am an M.S. student?

Yes, SHS 415 and NTR 462 can be taken as elective courses in the graduate program.

How do I become a registered dietitian?

- Complete the course work which meets the requirements for the Didactic Program in Dietetics from a college program approved by CADE (Commission on Accreditation for Dietetics Education);
- Upon completion of these courses obtain a "Verification Statement" (of completion of academic/practice requirements in dietetics) signed by the dietetics program director of an approved nutrition program at a college or university;
- Apply to an accredited/approved Dietetic Internship Program and successfully complete the program;
- Obtain a "Verification Statement" (of completion of academic/practice requirements in dietetics) signed by the dietetic internship program director;
- Apply to take the national registration examination for dietitians; and
- Pass the registration examination.

Can I complete all requirements to become a registered dietitian at Simmons?

Yes, the Department of Nutrition offers all the requisite courses needed to meet the Didactic Program in Dietetics requirements of the Commission on Accreditation for Dietetics Education. They are the necessary prerequisites to apply to a Dietetic Internship Program. Simmons also offers the 29-week Dietetic Internship focusing on community nutrition and disease prevention. The internship is a prerequisite for the national dietetic registration exam. When this exam is passed, the individual has the "R.D." registered dietitian credential.

Is it possible to combine the required courses needed to become a registered dietitian with the Master's Degree Program?

Yes, you can. Apply to the M.S. program indicating that you wish to combine the M.S. with the Didactic Program in Dietetics (DPD) requirements necessary for application to a dietetic internship program. Upon completion of a dietetic internship, a student can take the registration exam to become a registered dietitian (RD). This option takes a little more planning and more time.

How much longer will it take to complete this combined academic program?

The M.S. Program alone takes one year of full-time study including a summer semester. Your previous undergraduate courses dictate how long the combined program will take. For example, a student with a B.S. in biology will most likely need only one or two additional science courses, i.e., microbiology, if not part of the course work for the biology major.

A psychology major probably has not taken inorganic or organic chemistry, or anatomy and physiology. Therefore, the program will be longer.

One semester each of the following undergraduate science courses (including laboratory components) are requirements to become a registered dietitian. The asterisked courses are also prerequisites for the Simmons M.S. Program in Nutrition and Health Promotion.

1. Inorganic Chemistry *
2. Organic Chemistry *
3. Biochemistry (lab not required)
4. General Biology
5. Anatomy and Physiology I *
6. Anatomy and Physiology II *
7. Microbiology
8. Statistics*

One semester each of the following undergraduate nutrition courses is required to meet the Didactic Program in Dietetics (DPD) requirements necessary for application to a dietetic internship:

1. Fundamentals of Nutrition*
2. Introduction to Community Nutrition*
3. Human Nutrition*
4. Introductory Foods
5. Advanced Food Science
6. Food Production and Service Systems
7. Medical Nutrition Therapy
8. Management of Food Services Systems

Other requirements are met by the graduate courses. If all of the science courses have been completed, the program will take approximately 2.5 years. Some science courses could be taken during the first year of the combined program. There are approximately 40 credits of nutrition-based courses in the dietetics program.

Financial Information

Expenses

Information on policies, procedures, charges, registration and other financial matters is provided in a separate information sheet, *Financial Information*. All students are responsible for becoming familiar with these regulations of the College.

College charges for tuition, fees, and residence must be paid according to the scheduled payment dates. Please note that no student is allowed to complete registration and attend classes without account approval from the Office of Finance. The College reserves the right to withhold all of its services to students who have not met their financial obligations to the College. Such services include mailing transcripts, grades, references, placement materials, and using various offices and facilities.

It should be noted that Simmons has no deferred payment plan, but cooperates with commercial payment plans, for which information is available. All College charges are payable by the applicable due dates, or a Late Payment Fee will be applied. If the College refers a delinquent account to a collection agent or an attorney, these costs, plus administrative expenses associated with the collection effort, will be due and payable.

The College has a tuition reimbursement policy for graduate students. The Student Accounts Office should be contacted for applications and eligibility information.

Simmons also offers tuition insurance, The Tuition Refund Plan, through A.W.G. Dewar, Inc., which is an optional, inexpensive tuition insurance program that **costs approximately 1% of the total cost of tuition**. Under specific circumstances the program refunds a portion of tuition and fees for withdrawal due to personal illness, accident, or emotional disorder. **Students are encouraged to consider purchasing this insurance option.** If you are a full-time student and wish to purchase this insurance, you should purchase it for the academic year. Payment must be made before the opening date of the academic year to ensure that coverage will be in effect.

Details and applications are available at the Simmons College Finance Office (C-002), or by contacting A.W.G. Dewar, Inc., 4 Batterymarch Park, Quincy, MA 02169, telephone 617.774.1555 or www.tuitionrefundplan.com. If you are a part-time student or a full-time student planning to take a summer semester course, you can purchase this insurance on a semester-by-semester basis; please contact A.W.G. Dewar, Inc. at the telephone number above for further information and an application. Applications and payment for part-time students or for summer semester students cannot be accepted after the start of the semester for which you are purchasing the insurance.

The Commonwealth of Massachusetts mandates proof of medical insurance for students who are at least three-quarters time (nine credits). You may be required to purchase this insurance if you are not already covered by your personal health plan.

Simmons College will accept American Express, Master Card, and Visa payments for graduate tuition. Students may present their cards in person to the Student Accounts Office, or by fax, 671.521.3121. The College regrets it cannot accept credit card information over the telephone.

Financial Aid for U.S. Citizens

While the responsibility for educational financing belongs with the student, Simmons College administers different types of financial aid programs that assist students in financing their education. At Simmons, financial aid is based on both academic excellence and financial need. The academic departments award assistance in the form of scholarships and grants. SHS offers **limited merit awards or assistantships** for teaching and research. These awards are competitive and are based on merit. Applicants are automatically considered for these awards. There is no separate, special application for merit awards. Financial need is used to determine eligibility for federal financial aid. Financial need is determined through an evaluation of a student's ability to contribute toward educational expenses.

Potential first year graduate students must submit an FAFSA (Free Application for Federal Student Aid) form and the Simmons College Application for Financial Aid by the March 1 deadline for fall entry and October 1 for spring entry for priority consideration for federal financial aid. Financial Aid applicants for fall entry who have submitted a complete aid application by the deadline date will be notified of their award status in early April; spring entrants will be notified in early November. Students must be enrolled at least half time to be eligible for

federal financial aid. Check with the specific program you are interested in to determine the minimum number of credits considered to be half time. The Simmons FAFSA code is 002208.

All Simmons financial aid decisions are made on an academic year basis. In order to receive aid in subsequent years, you must reapply each year, and for priority consideration, meet established deadlines. Renewal of financial aid is contingent upon meeting satisfactory academic progress as well as all other eligibility criteria. The type and amount of future aid will depend on calculated financial need and available funding levels. Financial aid can be higher or lower in future years if student circumstances or the college's ability to provide aid change.

Students interested in further information about financial aid at Simmons can find comprehensive information on the financial aid web site at www.simmons.edu. or by calling the Office of Student Financial Services at 617-521-2036.

Refund Policy

The College's general policy regarding refunds to students is stated on a separate flyer titled *Financial Information*. Questions regarding refunds should be directed to Student Accounts' personnel in the Office of Finance.

Information for International Applicants

The School for Health Studies (SHS) welcomes applications from international students (U.S. citizens living and studying abroad, non-U.S. citizens and permanent resident aliens) because the campus community is made richer by the presence of individuals with different perspectives from other countries. To assist applicants in understanding the nature of the application and admission process, this section highlights important information to make the transition easier. **Due to immigration stipulations, international students requiring a student visa to study in the U.S. must be enrolled full time in an academic program. Carefully review the individual program descriptions in this catalog since not all programs are full time.**

Application Deadlines:

Carefully review application deadline dates for programs in the School for Health Studies. Deadline dates differ. The application deadline for the MS and CSN programs for fall (September) entry is June 1 and for spring (January) entry, it is November 1. The national application deadline for the Dietetic Internship Program is February 15. **It is imperative that students who have or are studying abroad apply at least six months prior to the start of the academic term in which they wish to enroll.** Please allow ample time for the pace of international postal systems, obtaining visa documents, arrival in the U.S. and transitioning to a new environment. **International students will not be allowed to enroll if they arrive after the official start of the term.**

Required Academic Records:

In the U.S. academic records or mark sheets are called "transcripts" (this is the term used throughout this catalog). All applicants who have studied abroad must submit official (signed in original ink and stamped with a seal) academic records for study completed at **all** universities (including schools where no degree or certificate was earned by the student). These documents should include end-of-year result sheets, national exam results and a copy of degrees or certificates, both in the native language and English translations. **Photocopies or facsimiles are not acceptable.** Additionally, the academic records may need to be evaluated by an agency specified by the School for Health Studies.

A "college" abroad usually means a secondary institution whereas in the U.S., a college is an institution providing higher education. A college can be part of a larger university or represent a singular institution such as Simmons College. Academic records

from overseas colleges which are actually secondary schools (high schools in the U.S.)

are not required as part of the application process. Courses taken at the secondary level do not fulfill the requirements of an undergraduate degree (called Baccalaureate in the U.S.) which represents the completion of four years of study at the higher education level. Many overseas systems award Baccalaureates which represent the completion of secondary education or a year beyond.

Required Standardized Test Results:

All applicants must submit official scores of the GRE (Graduate Record Exam), taken within the past five years.

Copies of student score reports are not acceptable. The SHS code is 3761. Further information about this exam can be obtained by directly contacting: GRE, Educational Testing Service, P.O. Box 6000, Princeton, New Jersey 08541-6000 telephone 609.771.7670 or www.gre.org.

Students whose first language is not English must submit official scores of TOEFL (Test of English as a Foreign Language), taken within the past two years. No other English proficiency exam is acceptable. The TOEFL requirement is based on native language not citizenship or the type of school a student attended. The minimum acceptable score is 570 (Paper Test) or 230 (Computer Test). **Copies of student score reports are not acceptable.** The SHS code is 3761. Further information about this exam can be obtained by directly contacting: TOEFL, Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151, telephone: 215.750.8050 or www.toefl.org.

Applications cannot be reviewed without the receipt of these test scores. It is very important that applicants register for these exams well in advance of applying for admission.

Required Financial Documentation:

All non-U.S. citizens who will require a student visa for study in the U.S., must provide accurate and current (within six months prior to applying) evidence of ability to pay for the cost of a SHS education. These costs are variable and outlined on the enclosed "Certification of Finances" form. **Both sides of this form must be completed and returned directly to the SHS Office of Admission.**

If this form is not used, an original signed statement from the applicant's sponsor indicating a willingness to provide financial support and a statement from the sponsor's bank verifying the availability of sufficient funds must be received.

All documents must be signed in original ink, written in English and funds must be shown in U.S. dollars (\$). Certain countries limit the amount of money which may be sent abroad. Thus, it is very important for the applicant to inquire about the regulations in the home country concerning transfer of funds. **Applications cannot be reviewed without certification and documentation of financial resources.**

The School for Health Studies offers **limited merit awards or assistantships** for teaching and or research. These small awards are very competitive, and are based on merit. Students who are enrolled full-time will be given priority consideration. **Some awards for students (U.S.) who are enrolled part time may be granted.** Applicants should understand that SHS stipends would not cover the entire cost of tuition but the award is applied directly towards the student's tuition charges. Simmons College does not offer state or federal financial aid to non-U.S. citizens. **Since Simmons College and SHS are unable to provide extensive funding to non-U.S. citizens please carefully consider the ability to meet the financial obligations before submitting an application.**

Academic Year:

Each academic year at Simmons College consists of two semesters, each lasting approximately 14 weeks. For each semester, students receive grades for each subject (course) taken. The first (fall) semester generally begins in early September and ends in mid December. The second (spring) semester begins in mid January and ends in mid May. Additionally, there are two summer sessions beginning in May and July. Most programs begin in the fall semester.

Grading and Credit Hours:

The School for Health Studies at Simmons College awards letter grades for all completed courses: A=Excellent, B=Good, C=Fair, D=Poor, F=Fail and P=Pass. Each letter grade is assigned a value: A=4.00, B=3.00, C=2.00, D=1 and F=0. Each course carries a certain number of credit hours, where, usually, one credit is equal to one hour of classroom instruction. Graduate courses are usually worth three credits although some are worth four, two or one. The total number of credit hours required to obtain a specific degree will determine the number of courses a student needs to complete the program.

Major:

This is the term used to refer to a student's choice of academic concentration or field of study at the undergraduate level. It is the academic discipline which you will study at Simmons College. At the graduate level, you will be enrolled in a program.

Arrival at Simmons College:

It is important that international students plan properly to arrive at the required time to commence their studies. Allow ample time for obtaining immigration documents, shipping personal items and adjustment due to time and climatic changes. **Students will NOT be allowed to enroll in classes if they arrive after classes have officially started. It is imperative that students allow adequate time for moving, student orientation and establishing contacts.** Students who choose to live in campus housing are allowed to use those facilities during official school breaks in December/January and May to August.

