

# GRADUATE PORTFOLIO INSTRUCTIONS

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## Purpose

The curricula and degree requirements for the MPH and MS programs in Food Systems, Nutrition, and Health (FSNH) are based on competencies established by the UW School of Public Health (for all students) and FSNH (for all students and specific degrees). In an accredited school of public health, academic programs are asked to demonstrate how each student is given an opportunity to assess and demonstrate their achievement of these competencies. For example, some programs have a comprehensive exam after the first year of coursework. In FSNH, the Graduate Portfolio serves this purpose while providing a structured self-assessment opportunity to:

- Reflect on your learning related to FSNH's Areas of Emphasis.
- Consider your personal goals, progress, and achievements.
- Describe your plan for completing the culminating project requirement and how you decided on completing a capstone or thesis.
- Identify opportunities for guidance or possible areas of concern in preparation for your second year.

## Required Materials (due by June 30)

1. Self-assessment
2. Resume

## Submission Instructions

1. Consolidate your materials into a single PDF document for submission.
2. Name your PDF as follows: **your last name, your first initial\_Graduate Portfolio\_completion date (YYYY.MM.DD)** (e.g., Harris, C\_Graduate Portfolio\_2026.06.15).
3. Email the single PDF file to [gradnutr@uw.edu](mailto:gradnutr@uw.edu) by the June 30 deadline.

# Assignment Details

## Self-Assessment

1. Culminating project plans (capstone or thesis)
  - a. Are you pursuing the capstone (NUTR 596) or a thesis project?
    - i. If you are pursuing a thesis, include the following information:
      1. Thesis topic
      2. Thesis committee chair
      3. Outline of project timeline (work plan and credits)
    - b. Provide a short reflection on how you arrived at the decision to pursue the capstone or thesis. In your response, consider resources you found valuable and other supports you would recommend the program consider for future cohorts.
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2. In 1-2 pages (single-spaced, 10- or 11-point font), provide a concise and cohesive narrative response to the points below.

### **Goals and Achievements**

Describe how your development and achievements in your first year of graduate study reflect progress toward your graduate education and career goals. Consider the following points in your response:

- What were your initial goals for graduate study and for your career?
- How have your initial goals changed?
- In what ways and to what extent do you think your first year of study has moved you toward achieving those goals?
- What were your major achievements during your first year of graduate study?
- Describe any unanticipated benefits and/or challenges in your first year of graduate study and how you resolved them.
- Summarize a reflection on your experiences in terms of your career goals and your journey toward becoming a nutrition professional who can synthesize depth of knowledge and creativity of thought to address future nutrition problems.

### **Describe your progress toward meeting FSNH's Core Competencies**

Considering FSNH's Areas of Emphasis (Appendix A), please respond to the following questions and describe your progress toward meeting the MPH (Appendix B) or MS (Appendix C) degree competencies, as appropriate.

- What specific ways of engaging with these topics facilitated your growth in your degree competencies?
- Which competencies are areas of strength for you and why?
- Which competencies would you like to develop more and why?

### **Anticipated graduation quarter**

In what quarter do you plan to graduate? Identify any potential obstacles to graduating on time and offer solutions for avoiding or overcoming those obstacles.

## Resume

Please attach an up-to-date resume. The intended audience would be a future employer after graduation.

## Appendix A: FSNH Areas of Emphasis

1. Evidence-based approaches to public health nutrition
2. Nutritional requirements for human health
3. Food systems perspectives and policies
4. Interdisciplinary approaches to problem-solving
5. Effective leadership and communication

### First-Year Core Courses

#### MPH

- NUTR 500 Food Systems Seminar
- NUTR 512 US Food Systems Policy
- NUTR 513 Food & Society
- NUTR 520 Nutrition and Metabolism I
- NUTR 521 Nutrition and Metabolism II
- NUTR 526 Maternal and Pediatric Nutrition
- NUTR 562 Nutrition in Chronic Disease
- PHI 511 Foundations of Public Health
- PHI 512 Analytic Skills for Public Health I
- PHI 513 Analytic Skills for Public Health II
- PHI 514 Determinants of Health
- PHI 515 Implementing Public Health Interventions
- PHI 516 Public Health Practice

#### MS

- NUTR 500 Food Systems Seminar
- NUTR 512 US Food Systems Policy
- NUTR 513 Food & Society
- NUTR 514 Sustainable Food Systems for Population Health
- NUTR 520 Nutrition and Metabolism I
- NUTR 521 Nutrition and Metabolism II
- NUTR 526 Maternal and Pediatric Nutrition
- NUTR 562 Nutrition in Chronic Disease
- BIO 511 Medical Biometry
- EPI 511 Intro to Epidemiology
- HSERV 597 Structural Racism and Public Health

## Appendix B: MPH COMPETENCIES

Upon satisfactory completion of the Master of Public Health (MPH) in Public Health Nutrition, graduates will be able to:

- Apply knowledge of human nutrient requirements in relation to genetics, metabolic pathways, and physiological function across the life course.
- Assess nutritional status of individuals and groups.
- Appraise how nutritional factors across the lifespan are linked to non-communicable diseases (NCD) and quality of life.
- Apply appropriate public health frameworks and methodologies to address a public health nutrition problem.
- Critique public health practice decisions and nutrition policy development.
- Describe the basic components and determinants of the US food and nutrition systems.
- Recognize the means by which social inequities and racism, generated by power and privilege, undermine nutritional health.

## Appendix C: MS COMPETENCIES

Upon satisfactory completion of the Master of Science (MS) in Nutritional Sciences, graduates will be able to:

- Apply knowledge of human nutrient requirements in relation to metabolism, physiology, and pathophysiology across the life course.
- Assess nutritional status of individuals and groups.
- Appraise how nutritional factors across the lifespan are linked to non-communicable diseases (NCD).
- Synthesize human nutrition research for application to health.
- Develop an informed position on a nutrition-related topic.
- Describe how individuals are impacted by US food and public health nutrition systems.
- Recognize the means by which social inequities and racism, generated by power and privilege, undermine nutritional health.