CASE WESTERN RESERVE UNIVERSITY

DEPARTMENT OF NUTRITION

MS in Nutrition STUDENT HANDBOOK

Summer, 2020



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Welcome to the Department of Nutrition at Case Western Reserve University!

The Department of Nutrition's focus is on human nutrition and the application of the science of nutrition to the maintenance and improvement of health. As one of Case Western Reserve University School of Medicine's basic sciences departments, one of our missions is to promote human health through education and research bridging the gap between medicine and public health. The department is backed by outstanding research facilities and more importantly by faculty members committed to providing students with holistic exposure to research, education, and development of critical thinking skills.

Undergraduate, graduate, and PhD programs in Nutrition are offered by the Department of Nutrition along with two MS/Dietetic Internship programs, two dual degree programs (MS Nutrition/MPH & MS Nutrition/MD), and several graduate certificates.

The Center for Proteomics and Bioinformatics merged with the Department of Nutrition in 2013. The Center focuses on the modern application of proteomics techniques and bioinformatics analyses to answer complex biological questions derived from today's large-scale datasets. Stemming from this goal, we offer graduate programs (both MS and PhD) in Systems Biology and Bioinformatics, training the next generation of scientists to productively extract meaningful conclusions from "big data." The center also houses the Case Center for Synchrotron Biosciences, a research Resource Center funded by the National Institute for Biomedical Imaging and Bioengineering and National Science Foundation.

Collectively, faculty in the Department of Nutrition spend significant time advising and mentoring students in all of our programs during their educational experience. For this reason, strong relationships are nurtured and developed between students and our faculty. In fact, faculty have been the recipients of

numerous awards for excellence in teaching, mentoring and advising. Students are well prepared for their future professional careers and many graduates retain communication with faculty well into their professional careers.

Department Mission

The Department of Nutrition is committed to the pursuit of high quality research and to the education and training of:

- individuals pursuing careers in nutritional biochemistry and metabolism, molecular nutrition, dietetics, community and public health nutrition, clinical and applied nutrition, systems biology, bioinformatics and related biomedical sciences;
- those preparing for careers in research, and all healthcare professions such as medicine, dentistry, nursing, physical therapy or physician assistants;
- current professionals desiring continuing education;
- individuals for whom knowledge of nutrition, proteomics and systems biology will enhance their lives, professions and contributions to society.

Department Vision

Further, the Department of Nutrition demonstrates leadership and contributes to society by:

- participating in professional groups and learned societies,
- collaborating with the University and community to enhance well-being and quality of life.

Meet our Faculty

All of these things are possible because of our faculty. Visit our home page at http://case.edu/medicine/nutrition and take an opportunity to get acquainted with our faculty and department, along with more details about our programs and course descriptions.

Department Contact Information

Department Chair: Hope Barkoukis, PhD, RDN, LD, FAND

hdb@case.edu

BRB 923

PhD & MS in SYBB Program Director: David Lodowski, PhD

dtl10@case.edu

BRB 920

MS in Nutrition Program Director: Hope Barkoukis, PhD, RDN, LD, FAND

hdb@case.edu

BRB 923

MS in Public Health Nutrition Program

Director:

Tamara Randall, MS, RDN, LD, CDE, FAND

tlk3@case.edu

SOM WG 38

Combined Dietetic Internship/

Master's Degree Program Director:

Rosa Hand, PhD, RDN, LD, FAND

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Department Website: https://case.edu/medicine/nutrition

Graduate Programs in the Department of Nutrition

BS/MS in Nutrition

 An accelerated program of study for CWRU undergraduates matriculated in Fall 2019 or earlier.

Master of Science in Nutrition*

- A general program in Nutrition, customizable to students both with and without an undergraduate degree in nutrition.
- Can be combined with the Didactic Program in Dietetics for students interested in pursuing the RDN credential.
- Also an AAMC approved post-baccalaureate program.

Master of Science in Nutrition/Combined with Dietetic Internship*

- This program combines one of two ACEND-accredited dietetic internships with concentrations in Research Processes & Applications and leading to eligibility for the RDN exam with a graduate degree in Nutrition.
- o Requires a DPD verification statement for admission.

Master of Science in Public Health Nutrition*

- A general program in Public Health Nutrition, customizable to students both with and without an undergraduate degree in nutrition.
- Can be combined with the Didactic Program in Dietetics for students interested in pursuing the RDN credential.

Master of Science in Public Health Nutrition Dietetic Internship*

- This program combines an ACEND-accredited dietetic internship with a concentration in Public Health/Community Nutrition and leading to eligibility for the RDN exam with a graduate degree in Public Health Nutrition.
- o Requires a DPD verification statement for admission.

Master Public Health/Master of Science in Nutrition – Dual Degree

- This is a dual degree program that is offered jointly by the Departments of Population and Quantitative Health Sciences and Nutrition.
- The core Master's Degree courses include a mixture of those from nutrition, biochemistry and public health.

MS in Systems Biology and Bioinformatics

- The goal of Systems Biology and Bioinformatics program is to produce the scientists that are needed to assist in extracting meaning from the burgeoning biological 'omics field.
- The SYBB program offers a multidisciplinary training program personally customized to each student

MD/MS Biomedical Investigation in Nutrition

- This program is open to students admitted to the School of Medicine MD program and is designed to provide medical students with more in-depth knowledge and research experience in nutrition.
- Students may elect to focus on nutrition biochemistry and metabolism or molecular nutrition or clinical nutrition.

Doctor of Philosophy in Nutrition or Systems Biology and Bioinformatics

- In order to earn a PhD in Nutrition or SYBB, a student must complete rotations in at least three laboratories followed by selection of a research advisor, completion of Core and Elective coursework, including responsible conduct of research, as described in the plan of study
- Admission to these programs occurs through the umbrella PhD program at the CWRU School of Medicine, the Biomedical Scientist Training Program (BSTP)

MD/PhD in Nutrition or Systems Biology and Bioinformatics

- In order to earn a PhD in Nutrition or SYBB, a student must complete rotations in at least three laboratories followed by selection of a research advisor, completion of Core and Elective coursework, including responsible conduct of research, as described in the plan of study
- Admission to these programs occurs through the umbrella MD/PhD program at the CWRU School of Medicine, the Medical Scientist Training Program (MSTP)

^{*} indicates the programs covered by the remainder of this handbook. Handbooks for other programs are available upon request.

MS in Nutrition Program Learning Outcomes

After the completion of the program, students in the MS in Nutrition Program will be able to:

- Describe the metabolic roles and food sources of macro- and micronutrients and current recommendations for human intake.
- 2. Apply knowledge of nutrition science to meet the needs of individuals and groups throughout the human lifecycle.
- 3. Identify and critically evaluate research in nutrition and place results in the context of existing knowledge.
- 4. Demonstrate effective oral and written communication of complex nutrition principles to professionals and the public.
- 5. Apply ethical principles to nutrition scenarios in research and clinical practice.

MS in Nutrition Program Requirements

The MS in Nutrition is a 30-credit program which follows the Plan B (non-thesis) requirements of the School of Graduate Studies. In addition to the coursework noted below, students must pass a written comprehensive exam in their final semester.

Program	Required	Elective Coursework at CWRU	Other notes
	Coursework at		
	CWRU	To be planned in consultation with the	
		student's advisor and meet the following	
		requirements:	
MS in	7 credit hours:	 At least 23 additional credit hours 	• Can be completed
Nutrition	NTRN 433 +	that meet the following requirements:	simultaneously with
	NTRN 434	 At least 14 credit hours of graduate 	DPD requirements
		coursework (400-level or above) in	 If statistics, physiology
		Nutrition	or biochemistry were
		 No more than 7 credits of 	not taken as pre-
		independent study coursework (NTRN	requisite courses, they
		601, 602, 561) with no more than 3	can be taken after
		from each of 601 and 602, requiring	admitted but do not
		prior approval of topic and faculty of	count toward graduate
		record by academic advisor	degree
		No more than 9 credit hours of 300-	Minimum cumulative
		level Nutrition courses, to be taken only	GPA for graduation=3.0

		 when no graduate-level version is available No more than 9 credit hours of graduate coursework (400-level or above) in departments other than Nutrition 300-level courses in departments other than Nutrition may be taken but do not count towards the 30 credit hours required for the degree 	
MS in Nutrition (CDI subplan)	15 credit hours: NTRN 561, NTRN 516, NTRN 517, NTRN 562	 At least 15 additional credit hours that meet the following requirements: At least 6 credit hours of graduate coursework (400-level or above) in Nutrition No more than 9 credit hours of graduate coursework (400-level or above) in departments other than Nutrition (courses require approval of advisor) No more than 7 credits of independent study coursework (NTRN 601, 602, 561) with no more than 3 from each of 601 and 602, requiring 	 Requires simultaneous admission to and enrollment in either the Louis Stokes Cleveland VA Medical Center Dietetic Internship or the University Hospitals Cleveland Medical Center Dietetic Internship Minimum cumulative GPA for graduation=3.0 Earn at least a B in required classes

		prior approval of topic and faculty of record by academic advisor NTRN 401 and 433 can be taken but are not counted towards the 30 credit hours required for the degree No 300-level Nutrition courses may be taken unless an equivalent graduate course is unavailable AND advisor approves selection 300-level courses in departments other than Nutrition may be taken but do not count towards the 30 credit hours required for the degree	
MS in Public Health Nutrition	22 credit hours: NTRN 433, NTRN 437, NTRN 459 NTRN 528, NTRN 529 NTRN 530 + Either NTRN 440 or NTRN 436	 At least 9 additional credit hours that meet the following requirements: No more than 7 credits of independent study coursework (NTRN 601, 602, 561) with no more than 3 from each of 601 and 602, requiring prior approval of topic and faculty of record by academic advisor No more than 9 credit hours of 300-level Nutrition courses, to be taken only 	 Can be completed simultaneously with DPD requirements If student has not completed a course in community nutrition prior to starting MS in PHN, NTRN 550A is required If statistics, physiology or biochemistry were

	T		
		 when no graduate-level version is available No more than 9 credit hours of graduate coursework (400-level or above) in departments other than Nutrition 300-level courses in departments other than Nutrition may be taken but do not count towards the 30 credit hours required for the degree 	not taken as pre- requisite courses, they can be taken after admitted but do not count toward graduate degree • Minimum cumulative GPA for graduation=3.0
MS in	23 credit hours:	At least 9 additional credit hours	• Earn at least a B in
Public	NTRN 516,	that meet the following requirements:	required classes
Health	NTRN 459	No more than 7 credits of	Minimum cumulative
Nutrition	NTRN 528,	independent study coursework (NTRN	GPA for graduation=3.0
Dietetic	NTRN 529,	601, 602, 561) with no more than 3	
Internship	NTRN 530,	from each of 601 and 602, requiring	
	NTRN 531,	prior approval of topic and faculty of	
	NTRN 532C +	record by academic advisor	
	NTRN 534	No more than 9 credit hours of 300-	
		level Nutrition courses, to be taken only	
		when no graduate-level version is	
		available	
		No more than 9 credit hours of	
		graduate coursework (400-level or	

above) in departments other than Nutrition
300-level courses in departments
other than Nutrition may be taken but
do not count towards the 30 credit
hours required for the degree

Didactic Program in Dietetics (DPD)

Students interested in a career as a **Registered Dietitian Nutritionist (RDN)** are required to complete the **Didactic Program in Dietetics (DPD)**, which can be done as part of the MS in Nutrition program. Some of the DPD courses may count for the MS degree; others will not. Guidance will be provided by the academic advisor. The DPD is accredited by the <u>Accreditation Council for Education in Nutrition and Dietetics</u> (ACEND) of the Academy of Nutrition and Dietetics. MS students interested in pursuing the DPD coursework must apply and be accepted into this program no later than the end of their first semester in the MS program. Consult their advisor and the DPD Director for further information.

The DPD coursework must be completed before beginning an accredited dietetic internship. Students who complete the DPD coursework are eligible to apply to any ACEND accredited dietetic internship although additional graduate coursework is required for many programs, including the following: University Hospitals Cleveland Medical Center, Louis Stokes Cleveland VA Medical Center, and CWRU MS in Public Health Nutrition Dietetic Internship.

Plan B Comprehensive Exam Information

- The examination must be taken at the end of the semester in which the student expects to graduate. The examination may be on site or takehome, as determined by the Faculty Examination Committee.
- In order to sit for the exam, a student must demonstrate a program of sufficient and appropriate credits at an acceptable academic level, defined as a minimum cumulative GPA of 3.0 in all courses taken for credit in the Master's degree program.
- Permission to take the examination will be given upon recommendation by the student's advisor with approval of the Faculty Examination Committee. Permission may be withheld for a student who has not completed course work or if academic standing may be in doubt.
- The exam will be scheduled by the Department, about 3 weeks before the final certification date for the semester; students will be notified of the date of the exam by the 3rd week of the semester and will be required to sign paperwork attesting to their understanding of the exam date and rules, including the sequestration of cell phones.
- All candidates are expected to complete the examination during the
 designated (in person or take-home) time frame indicated by the
 Department. If a student is unable to do so, he/she may petition the
 Chair of the Faculty Examination Committee for an alternate time. The
 petition must be in writing: it must include the reason why the student
 is requesting a change and indicate alternate times. Students who
 require accommodations for testing must request them through the
 process outlined by the Office for Disability Services
- The students must be registered for at least one graduate credit during the semester when the examination is given.
- The exams will be read by the Faculty Examination Committee. Students will receive written notification of results from the Chair of the

committee. All questions must be passed. Students who do not pass question(s) will have the opportunity to re-attempt the exam once in the same semester, at an announced time approximately one week after the first attempt.

List of Nutrition Graduate Courses Generally Offered Each Semester

Fall

* Denotes courses offered in multiple semesters

Check the schedule of classes for timing and to confirm availability in the semester you hope to enroll

Courses are taught in person unless otherwise noted

*NTRN 401 - Nutrition for Community and Health Care Professionals 2 or 3 credits

NTRN 410 - Basic Oxygen and Physiological Function 3 credits

*NTRN 433 - Advanced Human Nutrition 4 credits

NTRN 435 - Nutrition for Pregnancy and Lactation 3 credits

NTRN 436 - Pediatric Nutrition 3 credits

NTRN 439 – Food Behavior: Physiological, Psychological, and Environmental

Determinants 3 credits (not offered in 2020)

NTRN 441 - Human Lactation 3 credits

NTRN 448 – Integrative and Functional Nutrition 3 credits (not offered in 2020)

*NTRN 452 - Nutritional Biochemistry and Metabolism 3 credits

NTRN 459 - Diabetes Prevention and Management 3 credits

NTRN 460 - Sports Nutrition 3 credits

NTRN 461 – Metabolic Dysregulation of Energy from Obesity to Anorexia 3 credits (not offered in 2020)

NTRN 462 - Exercise Physiology and Macronutrient Metabolism 3 credits

NTRN 516 - Seminar in Dietetics I 4 credits (CDI and PHN interns only)

NTRN 550A – Advanced Community Nutrition 3 credits

NTRN 529 - Nutritional Epidemiology for Evidence Based Practice 3 credits

NTRN 531 – Public Health Nutrition Field Experience 1-6 credits (PHN Interns only)

NTRN 532C – Specialized Public Health Nutrition Field Experience 1-6 credits (PHN Interns only)

*NTRN 533 – Nutritional Care of the Neonate 3 credits (CDI and PHN interns only) LIMITED to 5 students – class is held at MetroHealth Medical Center (not offered in 2020)

NTRN 551 - Seminar in Advanced Nutrition 1 credit

NTRN 561 - Investigative Methods in Nutrition 4 credits (CDI and PHN interns only)

NTRN 601- Nutrition Research 1-3 credits Individually arranged

NTRN 602- Special Project in Nutrition 1-3 credits Individually arranged

Spring

* Denotes courses offered in multiple semesters

Check the schedule of classes for timing and to confirm availability in the semester you hope to enroll

Courses are taught in person unless otherwise noted

*NTRN 401 - Nutrition for Community and Health Care Professionals 2 or 3 credits

NTRN 410 - Basic Oxygen and Physiological Function 2 credits

*NTRN 433 - Advanced Human Nutrition 4 credits

NTRN 434 - Advanced Human Nutrition II 3 credits

NTRN 437- Nutrition Communication, Counseling & Behavior Change Strategies 3 credits

NTRN 438 - Dietary Supplements 3 credits

NTRN 451 – Food Service Systems Management 3 credits

*NTRN 452 - Nutritional Biochemistry and Metabolism 3 credits

NTRN 454 – Advanced Nutrition and Metabolism: Investigative Methods 3 credits

NTRN 455 - Molecular Nutrition 3 credits

NTRN 456 - Pediatric Obesity 3 credits

NTRN 517 - Seminar in Dietetics II 3 credits (CDI and PHN interns only)

NTRN 528 - Intro to Public Health Nutrition 3 credits

*NTRN 533 – Nutritional Care of the Neonate 3 credits (CDI and PHN interns only) LIMITED to 5 students – class is held at MetroHealth Medical Center.

NTRN 551 - Seminar in Advanced Nutrition 1-3 credits

NTRN 562 - Research Practicum 4 credits (CDI and PHN interns only)

NTRN 601- Nutrition Research 1-3 credits Individually arranged

NTRN 602 Special Project in Nutrition 1-3 credits Individually arranged

NTRN 610 Oxygen and Physiological Function 1-2 credits

Summer

* Denotes courses offered in multiple semesters

Check the schedule of classes for timing and to confirm availability in the semester you hope to enroll

Courses are taught in person unless otherwise noted

- *NTRN 401 Nutrition for Community and Health Care Professionals 2 or 3 credits
- *NTRN 410 Basic Oxygen & Physiological Function 3 credits
- *NTRN 462 Exercise Physiology and Macronutrient Metabolism 3 credits NTRN 534 Advanced Public Health Nutrition Field Experience 1-6 credits (PHN Interns only)

Financial Aid

The CWRU General Bulletin includes detailed information regarding fees, expenses, financial assistance and the university's Financial Aid Policy. It also outlines application procedures for graduate students. Students must be accepted to the University in full standing prior to submitting applications for financial aid. When applying for financial aid, students should remember that MS programs fall under the policies of the School of Graduate Studies NOT the School of Medicine.

https://bulletin.case.edu/schoolofgraduatestudies/admissionandfinaid/

University Office of Financial Aid

Loans and Work/Study Program (a federally funded program)

Phone: 216-368-4530

Nutrition Department

Financial assistance may be available through the Department of Nutrition. Contact the nutrition office for the **Memo of Assistance.**

Phone: 216-368-2440

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics Foundation makes available a variety of scholarships for student members. Information can be obtained directly from the Foundation.

http://www.eatrightfoundation.org

Other important information

Academic Calendar

Courses and academic requirements follow the official university academic calendar, available at https://case.edu/registrar/dates-deadlines/academic-calendar.

Students should familiarize themselves with the academic calendar for important dates such as course enrollment deadlines and graduation application deadlines.

Policy for travel off campus

Some courses may require attendance at one or more off-campus locations. In these instances, students are responsible for their own transportation and must adhere to the following guidelines

- Student responsible for driving must have a valid driver's license and auto insurance
- All individuals in the vehicle must wear a seat belt at all times
- Student/s must obey all traffic laws and regulations
- Texting or use of cell phone is not permitted for the driver of the vehicle
- Student/s responsible for driving must not be under the influence of any drugs that may cause drowsiness or slowed reaction time (e.g. Benadryl).
- Students, even off-campus, represent CWRU and as such, should comply with all CWRU policies throughout the semester.

Students should check with the faculty member for the course about who to contact in the case of an emergency.

Availability of travel funding (not available for 2020-2021)

The Department of Nutrition has funding to support Master's students in Nutrition, Public Health Nutrition, and Systems Biology and Bioinformatics who wish to attend a scientific/professional conference during their studies at CWRU. Applications are accepted twice a year: in Spring for Fall travel and in

Fall for Spring travel. Students may only receive funding once. Students must meet the following criteria:

- Enrolled as a full time (>9 credit hours per semester) Master's student in the CWRU Department of Nutrition during semester of planned travel.
- At the time of travel, student has already completed at least 9 credit hours of graduate course work towards CWRU Master's degree.
- In good academic standing in graduate program (cumulative GPA >3.0).

Testing Accommodations

Students who require accommodations must follow the process outlined by Disability Resources in order to document their needs and create an accommodation plan, which may include the use of the Office of Accommodated Testing and Services (OATS). Students are responsible for initiating this process and faculty members cannot grant accommodations outside of this process.

https://case.edu/studentlife/healthcounseling/disability-resources/getting-started

https://case.edu/studentlife/healthcounseling/disabilityresourcespolicies/testing-accomodations

SGS Grievance Procedure

Per the School of Graduate Studies:

"It is the responsibility of the School of Graduate Studies to ensure that all students enrolled for graduate credit at Case Western Reserve University have adequate access to faculty and administrative consideration of their grievances concerning academic issues. A three-step procedure has been established for graduate students to present complaints about academic actions they feel are unfair.

Students with complaints should first discuss their grievances with the person against whom the complaint is directed.

In those instances in which this discussion does not resolve a grievance to the student's satisfaction, a complaint should be presented in writing to the department chairperson. If the complaint is against the department chair and is not resolved with this individual, the complaint should be presented to the dean of the school/college.

In the event that a decision still appears unfair to the student, the student may bring the matter to the attention of the dean of graduate studies. The dean may ask the student to put the complaint in writing. The dean will then discuss the case with the student and the department chair to evaluate the particulars and to make a ruling on it. As the situation warrants, the dean may appoint a Grievance Committee to recommend what action should be taken. In this event the Committee will be composed of two faculty members selected from the Committee on Graduate Studies of the Faculty Senate and two graduate students selected either from the Executive Committee of the Graduate Student Council or from the student members of the Committee on Graduate Studies.

The dean of graduate studies has the responsibility for the final decision, and the ruling from the School of Graduate Studies will be considered final and binding on the persons involved in the grievance. Additional information about the grievance procedure can be obtained from the School of Graduate Studies.

It should be understood that this grievance procedure relates solely to graduate student complaints concerning academic issues. The procedure for handling complaints about other matters is detailed in the Graduate Student Handbook."

https://case.edu/gradstudies/about-school/policies-procedures

SGS Academic Integrity Policy

Per the School of Graduate Studies

"The university's research, scholarship, teaching, and community service are central to its mission. To achieve that mission, it is critical that the highest standards of academic integrity are articulated to all members of the university

community: faculty, students, and staff. All members of the community are expected to interact professionally in those endeavors which promote and facilitate the university's common mission. Adherence to professional Codes of Ethical Conduct can and do play a central role in the matter.

Students, faculty and administrators share responsibility for the determination and preservation of standards of academic integrity. Each must adhere to their own personal code of integrity and must be prepared to educate others about the importance of academic integrity, to take reasonable precaution to discourage violations of academic integrity and to adjudicate violations.

For students, education about the importance of academic integrity begins during the admissions process. The centrality of integrity to the academic enterprise is reinforced during new student orientation when students engage in discussion about academic integrity. Specific mention of academic integrity and course-specific guidelines also may be presented in all classes. Programs and instruction about academic integrity guidelines are available throughout students' graduate school career.

Students are expected to uphold standards of academic integrity by taking reasonable precaution in the academic arena. Reasonable precaution involves implementing measures that reduce the opportunities for academic misconduct, but do not inhibit inquiry, create disruption or distraction in the testing environment, or create an atmosphere of mistrust.

The vitality of academic integrity is dependent upon the willingness of community members to confront instances of suspected wrongdoing. Faculties have specific responsibility to address suspected or reported violations as indicated below. All other members of the academic community are expected to report directly and confidentially their suspicion of violation to a faculty member or a dean or to approach suspected violators and to remind them of their obligation to uphold standards of academic integrity. To the extent

possible, the identity of individuals reporting academic misconduct will be kept confidential.

Download the full text of the Academic Integrity Standards and Policies at https://case.edu/gradstudies/sites/case.edu.gradstudies/files/2018-04/SGS-Academic-Integrity-Policies-and-Rules.pdf

Other Resources for Students

Students have access to mental and physical healthcare through University Health and Counseling Services. They are encouraged to familiarize themselves with these resources and make use of them. In particular University Health and Counseling Services (UHCS) has same-day services available during normal business hours. They have made the process of accessing care more efficient and have eliminated the wait to establish care. Make an appointment through myhealthconnect.case.edu or call 216-368-5872 to speak with the counselor on call or 216-368-2450 to speak with the nurse on call.

https://case.edu/studentlife/healthcounseling/counselingservices/counseling-during-covid

https://case.edu/studentlife/healthcounseling/counselingservicesestablishing-care/eligibility