

# LIBRARY SUPPORT FOR Master of Applied Nutrition

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## Introduction

This library report was prepared as part of the PDEP accreditation process for the Master of Applied Nutrition (MAN) program in the Department of Family Relations & Applied Nutrition at the University of Guelph. It was developed in response to PDEP criteria 5.2: “Academic/professional staff and students/interns have access to sufficient learning resources including library and technology resources.” Input for this report was gathered from members across several departments in the library. The report will outline the library resources provided to Applied Human Nutrition (AHN) students through the library’s services and collections at the University of Guelph.

## Library Support: Student Learning

The library at the University of Guelph provides academic services to support all aspects of the learning process, with the goal of helping graduate students achieve academic success. These services are offered through several departments at the library, including the Learning and Curriculum Support (L&CS) team, Access Services, and the Research and Scholarship (R&S) team. These teams deliver a range of services related to academic research and writing, information and digital literacies, scholarship and publishing, numeracy, data, and spatial literacies, and technical skills.

Library services are delivered through a combination of different service models, based on student and faculty needs. The most common models of service include:

- Customised in-class guest lectures;
- One-on-one consultations to discuss individual curricular or research needs;
- In-library programming on popular library topics;
- Support for faculty seeking to integrate academic skills development and assessment into their course deliverables; and
- The development of point-of-need online learning objects such as library guides, videos, and learning tools.

To support students in experiential learning settings, including MAN practicum students, consultation services are offered remotely through phone, chat, video chat, or e-mail. The following sections outline the specific service supports available to MAN students through the library and, where applicable, current library integration into the MAN core curriculum.

## Research and Information Literacy Skills

Learning and Curriculum Support (L&CS) librarians are a part of the Information Literacy (IL) team and deliver research skills and information literacy instruction to graduate students across the disciplines. Within the MAN program, information literacy instruction is currently embedded in **FRAN 6750**. In this session, the L&CS librarian provides in-class instruction on search strategies and key resources for finding grey literature within and beyond the library’s collection and using grey literature effectively in written work.

To ensure students have point-of-need access to research help, the library also provides drop-in research help, both in the library and online. The Research Help Desk is available to all students for same-day research support and is accessible on the main floor of the library. Help is also available through the library’s Ask Us Online Chat, a real-time online messaging service for research support, and through e-mail and phone service.

## Writing Services

The Writing Services team provides guidance for all aspects of the writing process, at all levels of study. Writing specialists work with students on how to organize and structure their projects, navigate topic development, and improve written drafts. They provide expertise in academic integrity and citation, writing for specific disciplines or genres, and effective use of grammar and style.

To support graduate student writing, writing specialists also provide targeted support for graduate-level writing skills, such as writing a literature review, getting started with a thesis or major research paper, publishing and presenting your research, and English as an additional language for graduate students.

Writing Services also coordinates major in-library events to support graduate students writing, through the provision of Dissertation Boot Camp, a one-week program designed to help graduate students develop effective writing skills and habits for thesis writing, and through Brain Food, a series of workshops that teach graduate students effective ways to approach their research, writing, time management, and data analysis. While this programming may not be an optimal format for practicum students because of their limited time on-campus, workshop facilitators can modify the format and focus of these topics to accommodate MAN students' schedules and course deliverables.

## Learning Services

Learning specialists support students in developing the learning skills and habits they need to be successful in their graduate work. This includes a broad scope of academic skills, such as effective learning and studying strategies, time management, presentation skills, group work, and more.

In past semesters, the Learning Services team has collaborated with the MAN program to deliver academic and professional skills workshops for students as a part of the course deliverables for the practicum courses, **FRAN 6710** and **FRAN 6730**. They provide support for the MAN Boot Camp series through the delivery of sessions on perfectionism and imposter syndrome, project management skills, and different approaches to teaching and learning.

The Learning Services team also delivered learning skills workshops leading up to the MAN program's Student Research Day by hosting sessions on effective poster presentations and pitches. To further support this event, our science learning specialist participated as a "dragon" in the program's Dragon's Den-style pitch competition, assessing students who pitched their nutrition-focused business idea.

## Digital Literacy and Digital Media Skills

Many faculty members are exploring a variety of avenues for embedding digital media and online communication technologies into their teaching and course deliverables. New models of pedagogy focus on empowering students to learn not just through consumption of information, but as creators of new information and media.

To support this emerging form of student learning, the library has launched the Media Studio, which aims to develop digital literacies in students and faculty from within the curriculum. Models of support include:

- Consulting with instructors to create digital assignments that align with course outcomes and are pedagogically sound. Examples of assignment formats and topics include podcasts,

infographics, digital storytelling, animated videos, live-action videos, digital citizenship, and social media identity.

- In-class instruction on digital media topics such as digital storytelling, podcasting, creating infographics, developing animated video and live-action video, digital citizenship and social media identity, issues around Canadian copyright, Creative Commons, and the use of licensed media, iterative design, and design thinking.
- Appointments in the Media Studio, where students and faculty can work with staff to access digital technologies for filming, recording, and editing.
- Online library help guides to support digital skills development.

Media Studio staff worked with the MAN program to integrate two separate digital media assignments into **FRAN 6710** and **FRAN 6730** in the 2018-2019 academic year. In **FRAN 6710**, Media Studio staff provided two workshops on podcasting and audio recording in support of an assignment to create a nutrition-related podcast. In **FRAN 6730**, Media Studio staff again provided two workshops, this time on pitching, live-action filming, and animated video creation in support of an assignment to create a video pitch for students' nutrition business concepts.

## Scholarship and Data Services

The Library's Research & Scholarship (R&S) team provides a variety of services to support grant writing and compliance, scholarly publishing, institutional research, open access publishing, and research data management.

To support research at the graduate level, R&S provides support for data literacies and research skills: the collection and extraction of research data, cleaning, analysis and visualisation, and best practices for research data management throughout the entire data lifecycle. The R&S team also provides support for graduate students requiring scholarship services, such as publishing support, guidance with authors' rights and copyright, open access publishing, measuring research impact, and creating researcher IDs and scholarly profiles. Students can also get assistance with specific research tools, such as NVIVO, Dataverse, Qualtrics, and others.

R&S is home to the library's Data Resource Centre (DRC), where students can get assistance in accessing health, demographic, and geographic data sets from licensed, open data, and government sources. Students can make an appointment with a data analyst to receive one-on-one support with accessing data sets and using data analysis tools for their assignments.

Data analysts in R&S have provided targeted instruction to MAN students in **FRAN 6750** (Final Project in Applied Human Nutrition). Past R&S sessions have focused on data collection and analysis, with a specific focus on survey design using the survey tool Qualtrics, and on the use of SPSS for quantitative data analysis.

R&S librarians and staff collaborate directly with faculty on to integrate these services into their courses, and to develop workshops, classroom visits, and point-of-need learning objects. R&S offers services directly to graduate students through drop-in help in the Scholars Studio on the 2<sup>nd</sup> floor of the library, and through one-on-one consultations and in-library programming.

## Accessibility Services

Library Accessibility Services (LAS) is a part of the library's Discovery and Access (D&A) team. LAS provides services, spaces and technologies to help students registered with Student Accessibility

Services to meet their accessibility needs. LAS is housed in the Access Lab, where students can book quiet space for study and access accessibility specialists, who coordinate alternate format materials, training on adaptive software programs including Kurzweil, Jaws, and others, and loan accessibility equipment such as digital recorders, smart pens, and tablets.

## Ask Us Desk

The Library's Ask Us Desk is the library's main services desk, located directly through the front doors of the library. It is often a first point of contact for students when they arrive at the library. The Ask Us Desk is staffed from 8:00AM to 2:00AM during the academic year, making it one of the only campus services available to students in the evening and at night.

The Ask Us desk provides a variety of access services, including circulation and borrower services, help with library accounts, interlibrary loan and intercampus borrowing services, circulation of the Course Reserves collection, management of media bookings and group study rooms, computer and printer troubleshooting, quick reference help, and triage to events or other library service points. Help is available in-person and through phone and e-mail support.

## Library Support: Collections

The library's resources are managed through the Collections and Content (C&C) team. The C&C team works to develop print and online library collections, maintains the technical infrastructure that allows for search and discovery of these collections, and manages the course reserves service. The following sections outline the University of Guelph's collections and resources that support students in the MAN program.

## Databases

The literature for dietetics and nutrition is interdisciplinary and is housed across a variety of subject databases and clinical tools. While a significant percentage of the library's journal articles are discoverable through the library's single-search tool (PRIMO), disciplinary databases provide full-text content, subject-specific scope, and specialised search functionality. Where an article is abstracted in a database, but full-text is available elsewhere, the library provides technical infrastructure to allow for easy access to full-text content across our publisher and database platforms (the Get it at Guelph! Tool). Key tools to access the scholarly, trade and clinical materials for dietetics at the University of Guelph include the following databases:

### Social sciences:

- SAGE Research Methods
- Family & Society Studies Worldwide
- CAB Direct
- Hospitality & Tourism Complete
- ABI Inform
- Business Source Complete
- PsycINFO
- Sociological Abstracts
- Sociology Database
- Women's Studies International

- Applied Social Sciences Index & Abstracts
- Social Sciences Citation Index
- Social Services Abstracts

### Clinical tools:

- PEN: Practice-based Evidence in Nutrition
- ADA Nutrition Care Manual
- Natural Medicines
- PsycTHERAPY
- PsycTESTS
- Health & Psychosocial Instruments

- DSM Library

#### **Health and biological sciences:**

- Medline/PubMed
- Web of Science
- Biological Sciences Collection

- SciFinder (Chemistry)
- SPORTDiscus
- CINAHL
- Ergonomics Abstracts

## **Journals**

The library invests heavily in providing access to online journals that support the research and curricular needs of students and faculty at the University of Guelph. Currently, the library subscribes to approximately 55,000 online journals, most of which are discoverable at the article level through PRIMO. The library subscribed to nearly-complete collections of journals from major scholarly publishers, including Springer, Elsevier, Wiley, Taylor & Francis, SAGE, Oxford University Press, Cambridge University Press, the American Chemical Society and the Royal Society of Chemistry, Canadian Science Publishing (NRC Research Press), and the American Psychological Association.

The library provides access to the publications of the Dietitians of Canada, including subscriptions to *PEN: Practice-based Evidence in Nutrition*, and the *Canadian Journal of Dietetic Practice and Research*.

To demonstrate the library's coverage of the literature for dietetics and nutrition, and to ensure that the library is providing appropriate depth and breadth of journal coverage for MAN's curricular and research needs, an analysis of the library's journal collection was undertaken. The following sections outline these areas of analysis and findings.

### **Journal Citation Reports**

The University of Guelph has access to nearly all the journals with the highest impact factors in their fields, as determined by the Journal Citation Reports (JCR) database. JCRs assess and rank peer-reviewed journals for each discipline. In the areas of dietetics and its related fields, library coverage includes:

**Nutrition & Dietetics:** 29/30 of the top journals. Example titles include:

- *American Journal of Clinical Nutrition*
- *International Journal of Behavioural Nutrition and Physical Activity*
- *International Journal of Obesity*

**Food Science & Technology:** 30/30 of the top journals. Example titles include:

- *Critical Reviews in Food Science and Nutrition*
- *Molecular Nutrition & Food Research*
- *Food Security*

**Family Studies:** 29/30 of the top journals. Example titles include:

- *Parenting: Science and Practice*
- *Family Relations*
- *Journal of Family Issues*

### **Peer Comparison**

To further determine whether the library provides appropriate access to the literature for dietetics and nutrition, a peer comparison of the library's journal holdings was undertaken. Journal holdings were assessed from "peer" institutions: Universities that offer dietetics and nutrition programs comparable to

the MAN program at the University of Guelph. These institutions include Ryerson University, and Brescia College (Western University). Their library holdings provided the basis for a peer comparison of library collections, to ensure the University of Guelph's journal coverage are in line with those of comparator institutions.

Each institution's library website was searched to obtain journal title counts broken down by subject. The following table provides the subjects that cluster, broadly, around the field of dietetics, followed by the number of journal titles held at each institution.

**Journal Title Counts by Subject**

Subject	Institution/ Journal Title Counts		
	Guelph	Ryerson	Brescia
Nutrition and Dietetics	143	137	217
Food Science and Technology	183	169	217
Micro and Molecular Biology	440	434	332
Psychology and Counselling	883	853	951

Overall these numbers demonstrate that the University of Guelph's library holdings in key subject areas are comparable to coverage of journal holdings at peer institutions, even compared to a large research/medical university like Western University. This suggests that the size of Guelph's journals collection is appropriate to meet the research needs of MAN students and faculty. Where faculty or students identify a journal title that should be added to the library's collection, they can submit a request through the New Resource Request form on the library website, for purchase consideration by Collections & Content librarians.

To further assess the library's coverage of relevant journals, a sample of publications from dietetics and nutrition faculty members at the University of Guelph and peer institutions was collected and analysed. Journal titles from this sample were searched in the library's holdings.

Of the 39 unique journal titles identified within the sample, the University of Guelph subscribes to all titles. This includes dietetics and nutrition titles key to the field, particularly in the Canadian context. Examples of these titles include:

- *Canadian Journal of Public Health* (Springer)
- *Applied Physiology, Nutrition, and Metabolism* (Canadian Science Publishing – NRC Research Press)
- *Critical Reviews in Food Science and Nutrition* (Taylor & Francis)
- *Canadian Journal of Dietetic Practice and Research* (Dieticians of Canada).

Notably, 14 of the 39 titles identified through this process are open access publications, meaning the articles are freely available online. All 14 open access publications are also discoverable and accessible via the library's search tools.

Assessment of the library's journal collection has demonstrated the University of Guelph's comprehensive journal coverage across several metrics, and suggests the library provides appropriate access to meet the curricular and research needs of MAN students and faculty. Where a need for new

journal subscriptions may arise, faculty and graduate students are encouraged to contact the library for purchase consideration.

## Books and E-Books

The library provides access to a robust collection of books and eBooks to support curricular and research needs across the disciplines. The library has notable collections strengths in the areas of human nutrition, agriculture and food systems, food security and development, the food and hospitality industries, and cookery. In recent years, the library has made a concerted effort to acquire eBook titles, to improve student access to the book collection. Major eBook collections to support fields of dietetics and nutrition include CAB eBooks, Wageningen Academic Publishers E-Books, the Canadian University Presses collection, University Press Scholarship Online (including Oxford University Press titles), SAGE, SpringerLink, Elsevier, and Taylor & Francis/Routledge.

### Peer Comparison

As with the journal collection, comparative analysis was done of the University of Guelph's book collection compared to its peers, to provide a benchmark for determining the breadth of the library's monograph collections.

To undertake this work, key subject headings for dietetics and nutrition were identified, and subject searches were performed on collections for the University of Guelph, and for Acadia University, Ryerson University, and Brescia College (Western University). Title counts were noted, to determine whether the size of the University of Guelph's subject collections is in line with comparator institutions.

Overall, title counts for the University of Guelph's monograph collection fall within the range of title counts at peer institutions, although there is significant variation across these collections. As compared to most collections, across most subjects, the University of Guelph's title counts are greater than those of peer institutions apart from Brescia College, whose title counts for "diet therapy" and "food habits" exceeds those at the University of Guelph.

### Monograph Title Counts by Subject

Subject	Institution/ Journal Title Counts		
	Guelph	Ryerson	Brescia
Diet therapy	885	757	1,207
Food habits	1,074	954	1,301
Nutrition	8,558	7,475	6,503
Diet in disease	605	880	880
Food industry and trade	2,457	2,554	2,505

Brescia College's book collection benefits from the title holdings of its home institution, Western University, a major research and medical institution. However, the library at the University of Guelph is committed to narrowing this gap, and targeted collections development in these subject areas will be undertaken. As a part of the comparative analysis work, several eBook titles were identified from peer institutions' collections, which have been flagged for immediate purchase. A sample of these titles includes the following:

- Delgado, A. M. *Chemistry of The Mediterranean Diet*. Springer, 2017.
- Duyff, R.L. *American Dietetic Association Complete Food and Nutrition Guide*. John Wiley, 2012.

- Gur, A. *Foreign Bodies: Eating Disorders, Childhood Sexual Abuse and Trauma-Informed Treatment*. Routledge, 2019.
- Moise, A. M. R. *Gut Microbiome: Exploring the Connection Between Microbes, Diet, And Health*. Greenwood, 2017.
- Pounis, G. (Ed). *Analysis in Nutrition Research: Principles of Statistical Methodology and Interpretation of the Results*. Elsevier, 2019.

## Other Library Resources

The library collects a variety of formats and specialised collections beyond journals and books. The following section outlines some of the specialised collections areas of use for students in MAN, and the emerging ways in which the library is developing these resources.

### Streaming media

Across higher education, there has been a movement toward the integration of video resources into undergraduate and graduate curriculum. In support of this trend, the library has focused on the development of a robust streaming media collection, which includes access to documentaries, instructional videos, feature-length films, and news clips.

Notably, the *Lynda.com* collection has provided important curricular support for the MAN program, with extensive integration of its instructional videos throughout the MAN Practicum courses. Produced by LinkedIn Learning, *Lynda.com* provides students with access to skills-based training videos on business and career topics.

In **FRAN 6710**, a deliverable for the course required students to develop a nutrition support webinar. Several videos from the *Lynda.com* collection are assigned, covering topics such as instructional design and assessment, adult learning principles, webinar structure and pacing, effective video presentations, and time management. Students learn practical webinar skills from videos such as “Running a Professional Webinar”, and “Strategic Eye Contact”, and connect these skills to effective pedagogical practice through videos like “Adult Learning Theory” and “Assessing Teaching Effectiveness.”

For a major Practicum assignment spanning **FRAN 6710**, **FRAN 6720** and **FRAN 6730**, students are required to submit a nutrition business project, requiring development of a business plan that outlines a business idea, marketing strategy and operational plan, and pitching the idea to stakeholders. To support this project, an extensive list of *Lynda.com* courses and videos are used to help students learn the elemental components of an effective business plan and start-up. Online courses such as “Creating a Business Plan”, “Pitching Your Ideas Strategically”, and “Marketing for Small Business” provide students with the foundation to develop their knowledge of business topics and the practical skills to apply this knowledge in a real-world scenario.

### Systematic reviews

In the social sciences and sciences there is an increased use of systematic reviews, scoping reviews, literature reviews, and other forms of meta-analysis in course deliverables at the undergraduate level. The library provides access to scholarly tools and collections that support students and faculty undertaking systematic reviews, including the follow types of resources:

- Tools for locating systematic reviews (i.e., *CINAHL*, *PsycINFO*, *PubMed*, *CAB Reviews*);
- Access to authoritative systematic review publications (i.e., *Annual Reviews*, *Cochrane Reviews*);
- Subscriptions to review journals in the disciplines (i.e., *Nutrition Reviews*, *Research Synthesis Methods*);

- Handbooks on writing a systematic review (i.e., *Cochrane Handbook for Systematic Reviews of Interventions, Using Mixed Methods Research Synthesis for Literature Reviews*);
- *SAGE Research Methods*, a database platform that provides access to videos, references materials and research tools dedicated to teaching students about all aspects of statistics and research methods in the social sciences, including meta-analyses.

The library also provides support for students doing systematic reviews, through the provision of research help services focused on scoping reviews, systematic reviews and literature reviews. Several information literacy librarians have pursued dedicated training from Cochrane (publisher of *Cochrane Reviews*) to strengthen their expertise in the review research process and writing specialists provide guidance on writing forms, research synthesis, and critical readings skills for literature reviews.

### Case studies

The use of the case studies method as a pedagogical tool has expanded in recent years, as faculty explore ways to provide problem-based learning that help students create connections between course contents and real-world scenarios.

To support the use of cases in undergraduate courses, the library has begun to focus on the development of case studies for curricular integration, including both clinical case studies and business cases. The following types of resources are currently available through the library's collection:

- Case studies collections (i.e., *SAGE Business Cases, DSM-5 Clinical Cases*)
- Books of cases (i.e., *Dietetic and Nutrition Case Studies, Case Studies in Community Health*)
- Subscriptions to case studies journals (i.e., *Clinical Case Reports, The Journal of Business Case Studies*)
- Video case studies (available through streaming media collections such as *SAGE Knowledge's* video case collection, the *Films on Demand* platform, and others)

Where specific case studies are not accessible in the library collection and faculty wish to make them available to students for course readings, the E-Learning Operations and Reserve Services team (further discussed below) licenses access to individual case studies. This is a particularly important service for accessing content from publishers that do not offer institutional access models, such as *Harvard Business Review Cases*, and *Ivey Publishing*.

The library is continuing to explore ways in which to collect and promote cases for curricular integration, including further development of the clinical and business cases collections, video case studies, and exploration of other scenario-based learning tools.

## Course Reserves

The E-Learning Operations and Reserve Services unit works to make faculty-requested course readings readily available to students. Increasingly, print course reserves available in-library are being superseded by online readings. The Reserves Services team works to create direct links to these readings available through the course's online interface within the University of Guelph's learning management system (CourseLink).

## Resource Sharing

The Library provides a variety of ways in which students and faculty can quickly obtain materials in support of research and teaching that are not available or accessible on-campus.

Materials (books and journal articles) held at the University of Waterloo Libraries or at Wilfrid Laurier University Libraries (known as TUG, the Tri-University Group) can be requested free-of-charge through the PRIMO search tool. The typical turn-around time is approximately two business days. Books and journal articles not available within TUG may be requested using the Library's interlibrary loan system, RACER. Turn-around times vary depending on the location of the holding library, but they are typically retrieved within ten working days.

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