Food, Lifestyle and Health

June 2–July 25, 2014
Professor Elaine Lai and Professor Lindsay Rosenfeld

PROGRAM OVERVIEW
This program delves into the diabetes epidemic as a means to investigate biological, behavioral, environmental, social and policy factors that influence our health and health care. In this program, you will explore the science of nutrition and gain an understanding of the physiology behind how diet and exercise can curb the rising prevalence of diabetes, as well as other chronic diseases. Weekly hands-on food labs will instruct you in menu planning, food selection and cooking, while regular guest lectures and interactions with community programs will provide insight into “healthy environments.” Through the lens of diabetes, you will broadly explore the health landscape, all while acquiring knowledge and skills applicable to your own life.

ABOUT JBS
JBS takes two methods of study — classroom training and experiential learning — and joins them in a unique curriculum that enables you to engage fully in a topic you are passionate about.

JBS ALLOWS YOU TO:
› earn 12 credits
› build close relationships with faculty and peers
› engage with the community
› open avenues for internships
› expand your network
› acquire skills for your future
› fulfill many university requirements

APPLICATION DEADLINE
March 1, 2014: Priority Deadline
March 15, 2014: Final Deadline
Applications are reviewed on a rolling admissions basis until the closing deadline.

Limited financial aid is available.

“Each step along the way, whether it was in the classroom, on a site visit or during food lab, was a learning experience. All of the classes within the program really intertwine and it’s wonderful to be on this journey with so many fabulous and enthusiastic students.”

2013 HSSP JBS student

CURRICULUM
BISC 4j  Food, Nutrition and Health
BISC 10j  Diabetes
HSSP 120j  Health Care Landscapes
JBS Advantages

Students in JBS will experience learning in a different way. The programs connect select faculty and students to explore academic and real world topics in innovative and engaging ways. Through inspired teaching, students engage their learning in small programs that focus on unique topics. This immersive approach will help students broaden their academic knowledge while also honing practical skills applicable to their post-college careers.

JBS ADVANTAGES INCLUDE:

SMALL CLASS SIZES
Participants in this program will build a strong network of professors and peers. With the benefit of small class sizes, learning will become a collaborative process, as professors are able to engage students on a more personal level, and students and their peers share their own ideas and experiences.

REAL-WORLD EXPERIENCE
Through field-based research, community-engaged learning, and internships the program helps prepare students for life after college. Students not only see firsthand what it might be like to work in their field of interest, they also are able to forge relationships with professionals in that field.

INCREASED INTERNSHIP OPPORTUNITIES
The competition for a summer internship can be intense, and it may be difficult to land your first choice. So why not expand your options by completing an internship during the school year? With the credits you earn during the JBS summer program, you’ll be able to take some time during the fall or spring semester to work or to complete an internship.

FULFILLMENT OF ACADEMIC REQUIREMENTS/ACADEMIC FLEXIBILITY
As a participant in JBS, you’ll find that you can easily meet some general requirements while also engaging in this unique academic experience. And, by fulfilling your requirements now, you’ll have time for electives or internships later.

GRADUATE SCHOOL OPPORTUNITIES
Much like grad school, JBS is focused in a particular subject area. As such, the program can give you a glimpse into whether the topic you are engaged in is something you would like to pursue further in graduate studies. In addition, the experience gained through the program could help you stand out as a candidate for grad school.

HELPS FULFILL RESIDENCY REQUIREMENT
For Brandeis students: A JBS semester also counts toward the Brandeis University residency requirement of seven full-time semesters at Brandeis in order to graduate with a Brandeis degree.

“A Justice Brandeis Semester (JBS) is an engaging, immersive academic program in which small groups of students explore a thematic topic through inquiry-based courses linked to real-world experiential opportunities.

JBS field-based research, creative work, community-engaged learning, or internships allow students to:

› gain real-world experience through experiential learning.
› build close relationships with professors and small groups of students.
› acquire skills that will make them stand apart from their peers after college.

www.brandeis.edu/jbs