**Independent study (goal: 45 hours over 14 weeks)**

**Advisor:** Dave Bridges

**Student:** Kaleigh Good

Activities and hours:

* Meeting with advisor **(5 hours total)**
  + Discuss previous research report
* Independent study reports (**5 in total, ~9h on each**)
  + Five units
    - Digestion
    - Carbohydrate Metabolism
    - Protein Metabolism
    - Lipid Metabolism
    - Vitamins and Minerals
  + I’ll give some topic ideas for each unit or Kaleigh can pick something in that area that she is interested in
  + Write a 5-10 page report on each topic
    - I will give some guidance on important things to include
    - Include a summary schematic/figure
    - At least 10 references for each
      * Only use reviews as references for background
      * Use primary references instead
    - Due in ~2 weeks via email
    - The next week we will discuss the previous report and talk about some potential ideas for the next report