

WRITTEN ASSIGNMENT #5

“THE CURIOUS CASE OF VITAMINS AND ME”

INSTRUCTIONS:

Watch this documentary on the case of vitamins. Clearly and succinctly summarize 3 main points made in the film. **(Minimum 400 words).**

- ✓ **Start date: March 6th at 9:00am**
- ✓ **Last day to Submit: March 10th at 5:00pm.**

IMPORTANT: SUBMISSION PROCEDURE

- You'll be submitting your Written Assignment 1 by uploading it to the web site.
- **Only WORD documents will be accepted.**
- Do not include a title or cover page. Do not include a table of contents.
- Adhere to the outline provided and follow the submission procedures below.

To submit:

1. Click on the *Assessments* link in your eConcordia portal for BIOL 203
2. Click on the *Submit Written Assignment 1*
3. Click on the Browse button and select your installment file to upload. This is the same procedure you use to attach a file to an email message).
4. Once you have located and selected the folder, click on the Send button and your assignment will be uploaded to the website.

If the upload of your assignment was successful, you'll receive the following message: "**Your assignment was successfully received**". To verify the status of receipt of your assignment, click on the Grades link in your Student Menu.

- The upload status of your assignment will be displayed as follows:
Upload Status: Received on: MONTH/DAY/YEAR and TIME
- If that information does not appear, your assignment was not successfully received and you must resubmit your work prior to the deadline.

Should you receive an error message or not receive the confirmation message during the submission process, IMMEDIATELY email your assignment to your TA as an attachment and copy the message you received into the body of your e-mail. It's important that you include your name and student ID number in your e-mail message. Your assignment must be emailed prior to the midnight deadline to be considered on-time.

NO LATE ASSIGNMENTS WILL BE ACCEPTED. NO EXCEPTIONS.