

How to Complete a Course at Pacific Rim

After you have successfully [registered as a student](#) and been approved, and [enrolled in a course](#) and been approved, you're ready to start your course! This document explains how.

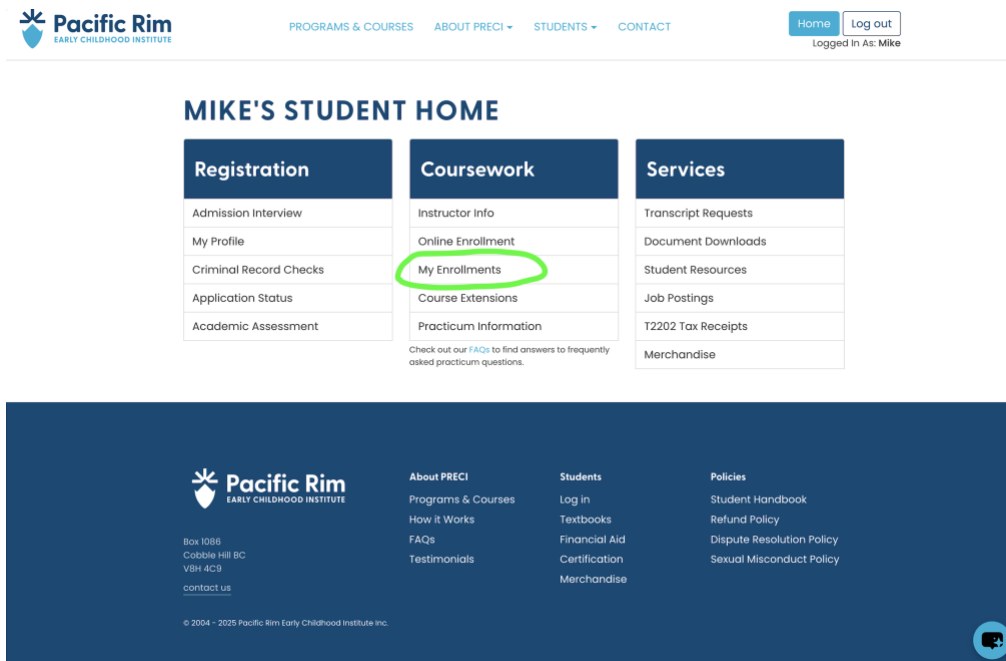


There is a YouTube video showing all the same materials available here:

<https://www.youtube.com/watch?v=R-Xzto3QgF4>

Accessing Your Enrollment

1. Log into the [Pacific Rim website](#) using your student ID and password you setup during registration
2. Under "Coursework", click "My Enrollments" (circled in green)



The screenshot shows the Pacific Rim Early Childhood Institute website. At the top, there is a navigation bar with links for PROGRAMS & COURSES, ABOUT PRECI, STUDENTS, and CONTACT. On the right, there are buttons for Home and Log out, with a note "Logged in As: Mike". Below the navigation bar, the main heading is "MIKE'S STUDENT HOME". There are three main sections: Registration, Coursework, and Services. The Coursework section is expanded, showing options like Instructor Info, Online Enrollment, My Enrollments (circled in green), Course Extensions, and Practicum Information. The Services section includes Transcript Requests, Document Downloads, Student Resources, Job Postings, T2202 Tax Receipts, and Merchandise. At the bottom, there is a footer with contact information, a list of links (About PRECI, Programs & Courses, How it Works, FAQs, Testimonials, Students, Log in, Textbooks, Financial Aid, Certification, Merchandise, Policies, Student Handbook, Refund Policy, Dispute Resolution Policy, Sexual Misconduct Policy), and a copyright notice: "© 2004 - 2025 Pacific Rim Early Childhood Institute Inc."

☎ (250) 597-4547

📠 (250) 294-7863

📍 Box 1086, Cobble Hill, BC V8H 4C9

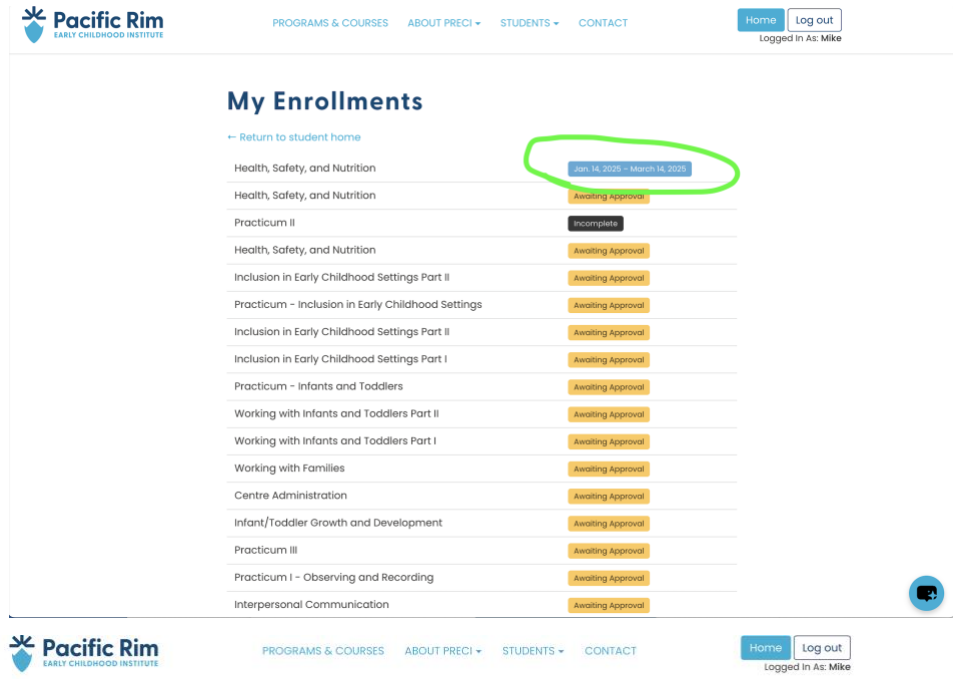
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3. Find your enrollment in the list (if it's your first enrollment, there will only be one) and click on it.

4. This is your course! Click "Course Outline" (circled in green) first for important information about your enrollment, and "Download Contract" (circled in orange) to access the contract you signed during enrollment. You can also see your enrollment's status and dates (circled in yellow). Lastly, you can access the courses' readings and assignments (blue and yellow arrows). To view your first unit's reading click "Begin Reading" (blue arrow).

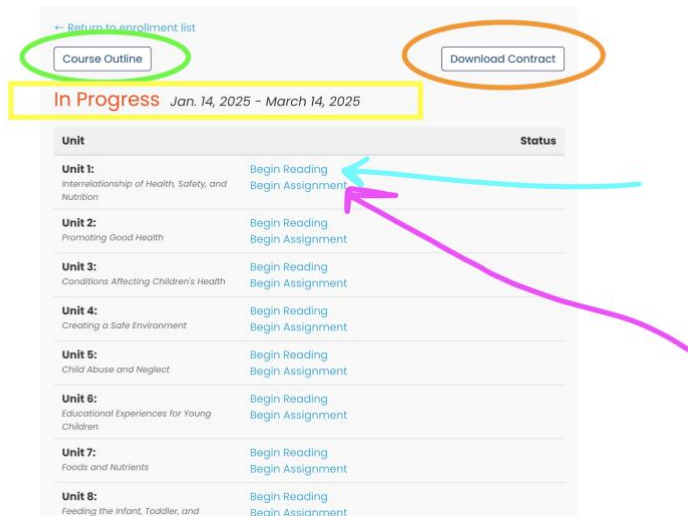


My Enrollments

[Return to student home](#)

| Enrollment | Status |
|---|-------------------------------|
| Health, Safety, and Nutrition | Jan 14, 2025 - March 14, 2025 |
| Health, Safety, and Nutrition | Awaiting Approval |
| Practicum II | Incomplete |
| Health, Safety, and Nutrition | Awaiting Approval |
| Inclusion in Early Childhood Settings Part II | Awaiting Approval |
| Practicum - Inclusion in Early Childhood Settings | Awaiting Approval |
| Inclusion in Early Childhood Settings Part II | Awaiting Approval |
| Inclusion in Early Childhood Settings Part I | Awaiting Approval |
| Practicum - Infants and Toddlers | Awaiting Approval |
| Working with Infants and Toddlers Part II | Awaiting Approval |
| Working with Infants and Toddlers Part I | Awaiting Approval |
| Working with Families | Awaiting Approval |
| Centre Administration | Awaiting Approval |
| Infant/Toddler Growth and Development | Awaiting Approval |
| Practicum III | Awaiting Approval |
| Practicum I - Observing and Recording | Awaiting Approval |
| Interpersonal Communication | Awaiting Approval |

Health, Safety, and Nutrition



[Return to enrollment list](#)

[Course Outline](#) [Download Contract](#)

In Progress Jan. 14, 2025 - March 14, 2025

| Unit | Status |
|--|-----------------------------------|
| Unit 1: Interrelationship of Health, Safety, and Nutrition | Begin Reading Begin Assignment |
| Unit 2: Promoting Good Health | Begin Reading Begin Assignment |
| Unit 3: Conditions Affecting Children's Health | Begin Reading Begin Assignment |
| Unit 4: Creating a Safe Environment | Begin Reading Begin Assignment |
| Unit 5: Child Abuse and Neglect | Begin Reading Begin Assignment |
| Unit 6: Educational Experiences for Young Children | Begin Reading Begin Assignment |
| Unit 7: Foods and Nutrients | Begin Reading Begin Assignment |
| Unit 8: Feeding the Infant, Toddler, and | Begin Reading Begin Assignment |

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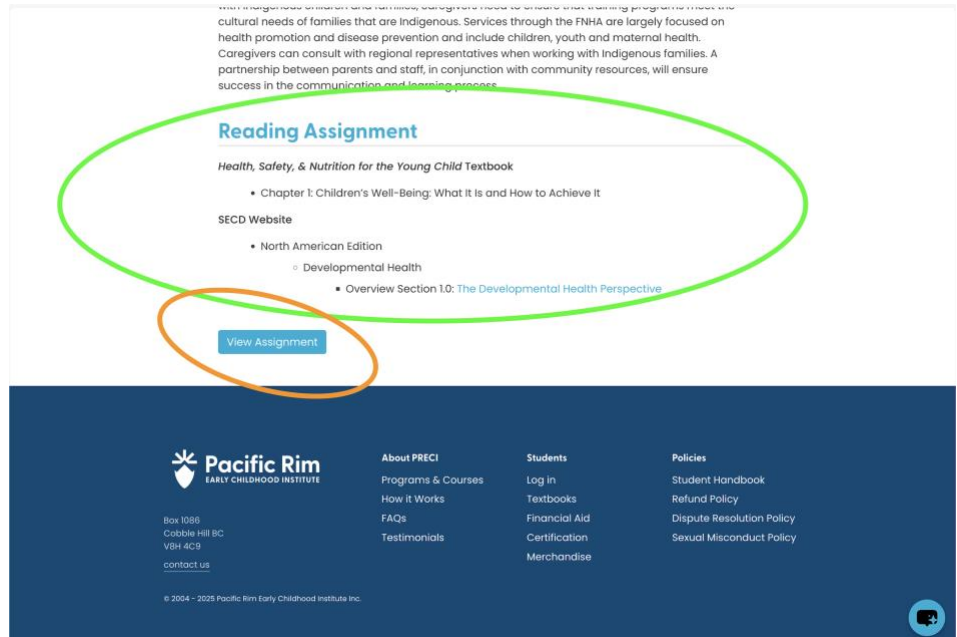
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Accessing Units and Completing Assignments

1. In addition to the unit's reading, this page also shows the additional Reading Assignment (circled in green). Once you have completed all the readings, you're ready to complete the assignment. To do that, click "View Assignment" (circled in orange).



Unit 1: Introduction to the Early Childhood Institute (ECI) and the cultural needs of families that are indigenous. Services through the FNHA are largely focused on health promotion and disease prevention and include children, youth and maternal health. Caregivers can consult with regional representatives when working with Indigenous families. A partnership between parents and staff, in conjunction with community resources, will ensure success in the communication and learning process.

Reading Assignment

Health, Safety, & Nutrition for the Young Child Textbook

- Chapter 1: Children's Well-Being: What It Is and How to Achieve It

SECD Website

- North American Edition
 - Developmental Health
 - Overview Section 1.0: The Developmental Health Perspective

[View Assignment](#)

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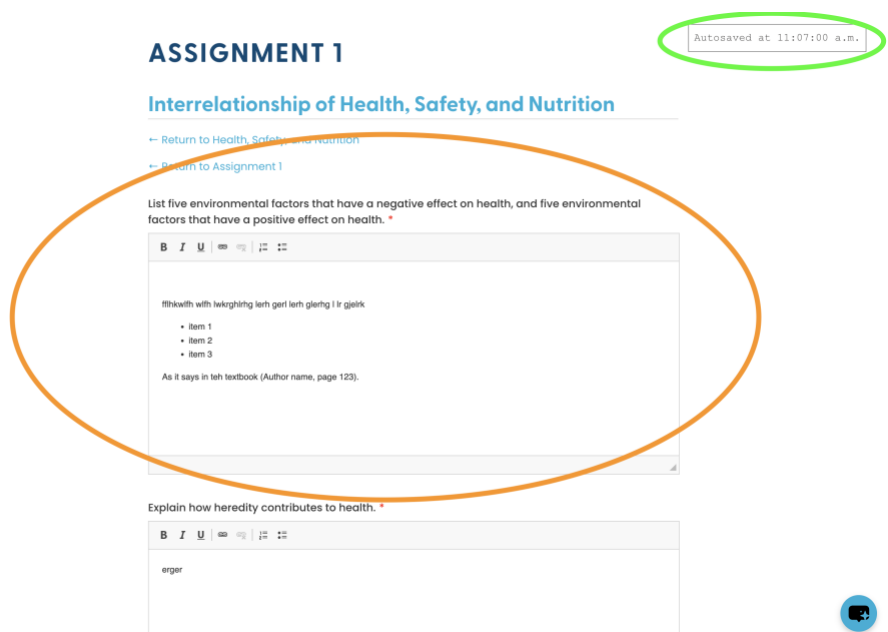
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2. Here is the assignment page where you can enter your responses for the assignment. Please note that your answers are automatically saved every minute, in case you need to leave (see green circle). Enter your answers into each textbox (see orange circle).



ASSIGNMENT 1

Autosaved at 11:07:00 a.m.

Interrelationship of Health, Safety, and Nutrition

[← Return to Health, Safety, and Nutrition](#)
[← Return to Assignment 1](#)

List five environmental factors that have a negative effect on health, and five environmental factors that have a positive effect on health. *

B I U [Text formatting icons]

ffhkwth with twkgthng lerr gert lerr glerg l l glerk

- Item 1
- Item 2
- Item 3


As it says in teh textbook (Author name, page 123).

Explain how heredity contributes to health. *

B I U [Text formatting icons]

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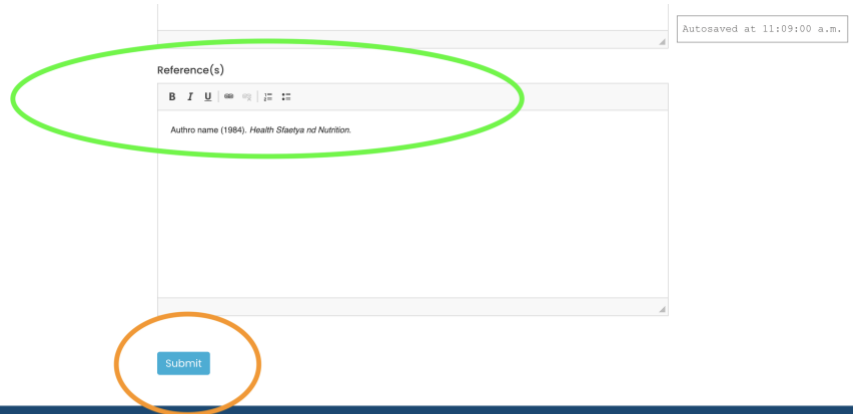
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3. In order to provide references to the works cited in your answers, please fill in the “References” section at the bottom of the page, where applicable (circled in green). When ready to submit to your instructor, click “Submit” (circled in orange). Your instructor will receive a notification and begin grading your assignment. When they have completed grading it, you will receive an email notification.



Autosaved at 11:09:00 a.m.

Reference(s)

B I U [icon] [icon] [icon]

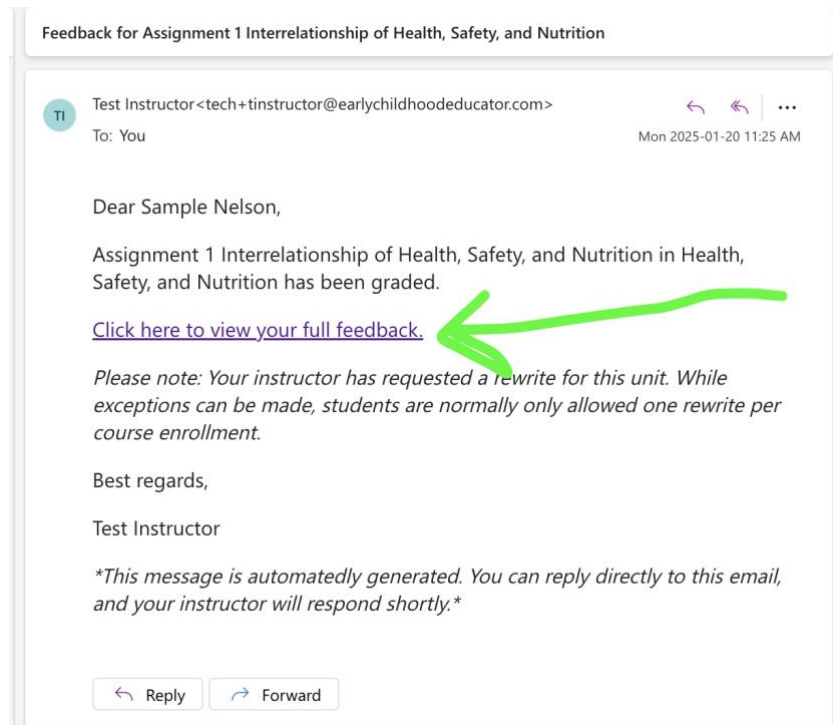
Authro name (1984). Health Stadya nd Nutrition.

Submit

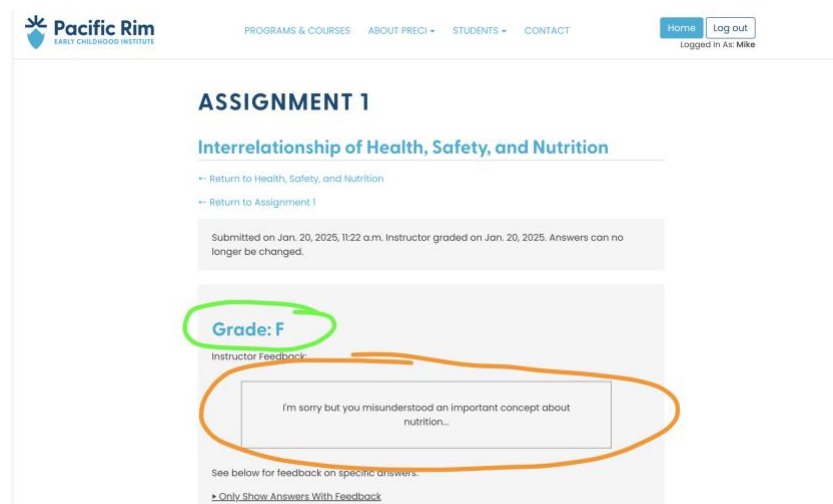
Note: if your course has not yet officially began, or your instructor is currently grading a previous assignment, then you will not be allowed to submit the assignment yet. Your work will, however, still be autosaved.

Viewing Instructor Feedback and Rewriting Assignments

1. When your instructor has graded your assignment, an email will be sent to you with a link to the graded assignment. Click the link.



2. You may need to log in again. After doing so, you will be taken to the assignment page again. Except now you can see your grade (circled in green) and the instructor's overall feedback (circled in orange).



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-
- See below for feedback on specific answers.
- [▶ Only Show Answers With Feedback](#)
- Rewrite requested. Only one rewrite is permitted per enrollment.
- [Rewrite This Unit](#)
- List five environmental factors that have a negative effect on health, and five environmental factors that have a positive effect on health. *
- ffkxwith with lckghingh lerb gerl lerb glergh i k glerk
- Item 1
 - Item 2
 - Item 3
- As it says in teh textbook (Author name, page 123).
- Feedback:**
- That's true but did you consider the effect on children? I don't know about feeding children chocolate?
- Explain how heredity contributes to health. *

- 

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Health, Safety, and Nutrition

[← Return to enrollment list](#)

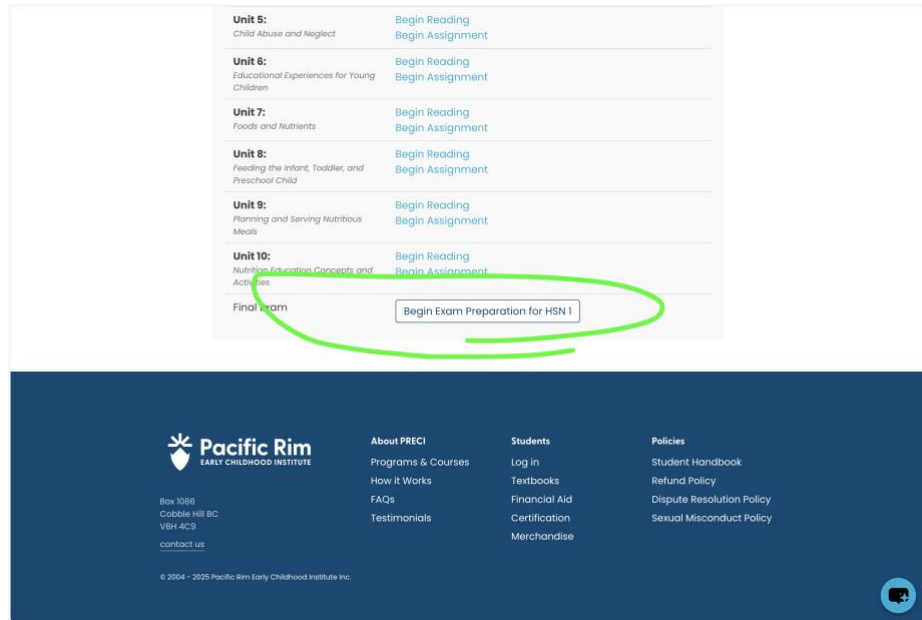
[Course Outline](#)
[Download Contract](#)

In Progress Jan. 14, 2025 – March 14, 2025

| Unit | Status |
|--|--------------------------------------|
| Unit 1: Interrelationship of Health, Safety, and Nutrition | Continue Reading View Assignment |
| Unit 1: Interrelationship of Health, Safety, and Nutrition Rewrite #1 | Begin Reading Continue Assignment |
| Unit 2: Promoting Good Health | Begin Reading Begin Assignment |
| Unit 3: Conditions Affecting Children's Health | Begin Reading Begin Assignment |
| Unit 4: Creating a Safe Environment | Begin Reading Begin Assignment |
| Unit 5: Child Abuse and Neglect | Begin Reading Begin Assignment |
| Unit 6: Educational Experiences for Young Children | Begin Reading Begin Assignment |

Accessing the Final Exam

Once all your assignments have been completed, your instructor will send you instructions on completing the final exam. If it will be done online, the link will be sent in an email and you can access it at the bottom of the enrollment page (circled in green).



| | |
|--|-----------------------------------|
| Unit 5: Child Abuse and Neglect | Begin Reading Begin Assignment |
| Unit 6: Educational Experiences for Young Children | Begin Reading Begin Assignment |
| Unit 7: Foods and Nutrients | Begin Reading Begin Assignment |
| Unit 8: Feeding the Infant, Toddler, and Preschool Child | Begin Reading Begin Assignment |
| Unit 9: Planning and Serving Nutritious Meals | Begin Reading Begin Assignment |
| Unit 10: Nutrition Education Concepts and Activities | Begin Reading Begin Assignment |
| Final Exam | Begin Exam Preparation for HSN 1 |

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For help with the exam, view our

instructions video available here: <https://youtu.be/JfHVCKUEmMs>

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