TCORE 113 B: Introduction to the Social Sciences
Theme: Food, eating behavior, and global food pathways
Winter 2016
Tuesdays & Thursdays, 10:15am – 12:20pm
DOU 280

Instructor: Leighann Chaffee, M.A.
Office: MDS 106 Suite B (Enter through Cherry Parkes)
Office Hours: Mondays, 11am to noon, and by appointment
Email: LChaffee@uw.edu
Course Website: CANVAS

Required Reading:
Reading will be posted on Canvas. You are expected to complete before class AND have access to the material in class. See Tips for reading.

Course Objectives:
Catalog description: Introduces students to university work by focusing on a core curriculum from multiple and interdisciplinary perspectives. This course will use the study of eating behavior and global food pathways as a theme to examine the learning in the social sciences, with an interdisciplinary perspective employing psychology, sociology, social work, political science, economics, and geography.

Learning Objectives:
Core learning objectives include inquiry and critical thinking, communication and self-expression, diversity and civic engagement, and quantitative literacy. We will use these objectives in conjunction with the following course objectives. It is expected that you can begin to describe these objectives upon successful completion of this course.
1. Describe the fields of psychology, sociology, social work, political science, economics, and geography.
2. Understand research methods used in the social sciences.
3. Utilize the scientific method in critical thinking.
4. Describe, compare, evaluate and apply major theoretical perspectives in the social sciences relating to global food pathways and issues, including diversity and social justice.
5. Identify concepts, theories, and research findings from the social sciences in “real-life” situations, specifically relating to global food pathways.

Core
The Core program is a coordinated series of courses that represent the various disciplines in the university. This course, along with the others in your cohort, fulfills one of the university’s general education requirements in each of the areas of knowledge plus composition. The courses are designed to both support and challenge you to develop the critical thinking, writing, research, and analytical skills you will need at UWT while introducing you to relevant topics in the social sciences, humanities, and sciences.

Course Activities:
1. Required Reading
Reading will include assigned chapters and journal articles. The reading will be available to download on the Canvas course website. We will not be able to cover all material in class. The assigned reading should be completed BEFORE class meeting. It is my expectation that you come to class ready to discuss the assigned reading.

2. In-Class Participation: lecture, discussion, quizzes, and assignments
Throughout the quarter, your participation in class is essential. Not only will there be lecture on the course material, but you are expected to participate in discussions and assignments. These quizzes and assignments will be unannounced and must be performed in-class. These activities are unannounced and may occur at any point during class, thus you must arrive before class begins at 10:15am and stay in class until 12:20pm.
Attendance in my course is your responsibility; good attendance is strongly correlated with performance. There will be no make-up opportunities for in-class quizzes and assignments. At the end of the quarter, you will complete a citizenship report (see information on Canvas) to evaluate your participation.

3. **Six Assignments**

Six assignments, to be completed outside of class, will be assigned throughout the quarter. All relevant information will be presented in-class, and is also available on our course website. Assignments must be turned in on time – by 10:15am on the due date. Late work will be penalized 25% of the points earned per day. If extenuating circumstances (i.e. an emergency) preclude your attendance, it is your responsibility to contact the professor (by email) **prior to the due date** or as soon as possible to make arrangements.

4. **Three Exams**

You are required to take Three exams in this class. All exams will be completed during scheduled class time. If you miss an exam without notifying me prior to the exam date you will not be allowed to take a make-up exam. Therefore, it is important that you discuss any potential conflicts with me **prior to the exam**. Exemption from any examination will not be given; however, with a legitimate excuse (hospitalization, severe illness verified by a medical doctor) you can take an alternative version of the exam at a time convenient to both you and I (but no later than 1 week after the scheduled exam). The examinations will be taken during normal class periods and start promptly at the beginning of a class period. Be on time. If you are late you will only prevent yourself from finishing the exam. There are no time extensions.

Exam 1: **Tuesday, January 26, 2016 (50 points)**
Exam 2: **Tuesday, February 16, 2016 (50 points)**
Exam 3: **Tuesday, March 9 OR Thursday, March 11, 2016 (50 points)**

**POINT DISTRIBUTION:**

| In-class participation + report | = | 100 points possible |
| Six Assignments | = | 250 points possible |
| Three Exams | = | 150 points possible |
| **TOTAL** | = | **500 POINTS POSSIBLE** |

Grades will be assigned on a 4.0 scale, as determined by your cumulative points earned throughout the quarter:

<table>
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<th>Percent</th>
<th>Points</th>
<th>Grade</th>
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COURSE POLICIES

Academic Honesty:
Your responsibility in this course, at University of Washington Tacoma, and in all academic settings, is to follow all guidelines for academic honesty. Academic misconduct, including (but not limited to) cheating on assignments or examinations, turning in another’s work as your own, collaborating on individual assignments, turning in the same paper in multiple courses, including another’s words or ideas without correctly citing the original work (deliberate or innocent plagiarism), or engaging in behaviors that prevents other’s learning will not be tolerated. Students who engaged in academic misconduct will be sanctioned. Please review the University of Washington policies on academic conduct: http://depts.washington.edu/grading/pdf/AcademicResponsibility.pdf

Attendance
- Attendance is required for success in college courses – you will not be graded on your attendance (as per UW Tacoma policy), but attendance will be recorded periodically for administrative purposes.
- All material on quizzes and exams will be covered in class, and participation points will only be awarded for in-class work, thus your participation and attention during class is essential for your success.
- If you miss a class, please complete the following:
  - First, check the syllabus, complete all reading, and turn in all assignments prior to your absence.
  - Second, talk to a fellow student to determine what you missed.
  - Third, see the instructor to collect any assignments and ask any remaining questions. Regrettably, I cannot cover the material from every class each time a student is absent. Thus, it is your responsibility to make up the missed work.

Etiquette and Participation
- ARRIVE TO CLASS ON TIME. Class begins at 10:15am and ends at 12:20pm. You are expected to be in class ready to learn and participate for the duration of the class.
- During class, you are expected to be attentive. You must participate in discussions and group activities.
- Break time occurs when announced by the instructor. It is disruptive to enter and exit throughout the class period.
- DO NOT use your cell phone or other electronic devices – turn off the ringer and place it in your bag away from your attention during class. Do not call, text, instant message, etc.
- Be respectful of your classmates at all times. Any actions that I deem to be disrespectful will result in removal from class.

Use of Technology
- DO NOT use your cell phone during class.
- DO NOT use your laptop or tablet during class. Many students have good intentions in note taking on their laptops, but their learning is commonly obstructed by the distraction posed by the laptop. Occasionally, a class activity will be facilitated by use of technology, at which point I will let you know that you may use electronic devices.
- You will not earn participation points if using technology in class (outside times authorized by the instructor).

Self-Disclosure
I ask you to think carefully about the shape you want your contributions to take. I expect that you will be a good judge of what constitutes appropriate class contributions. Because the study of the social sciences involves personal and emotional issues that touch many peoples’ lives, there is sometimes a temptation for students to make self-disclosures regarding their own difficulties. While I hope this course will be personally meaningful to you, our approach to psychology is an academic/scientific approach. If you have personal concerns, the UWT Counseling Center provides excellent services to the student body and would be the appropriate place to address such concerns.
Canvas

Please access course material on Canvas. Be sure to set your notifications in the beginning of the quarter as I will communicate with you via Canvas. Go to “settings” then “add contact method” to select. Then select “notifications” from the left toolbar, select “ASAP” and where you would like to be notified.

Campus Safety Escort:

Safety Escorts are available Monday - Thursday 5:00pm - 10:30pm. They can be reached either through the duty officer or by dialing #300 from a campus phone.

Counseling:

The Counseling Center offers short-term, problem-focused counseling to UW Tacoma students who may feel overwhelmed by the responsibilities of college, work, family, and relationships. The service is provided confidentially and without additional charge to currently enrolled undergraduate and graduate students. To schedule an appointment, please call 692-4522 or stop by the Student Counseling Center (SCC), temporarily located in Cherry Parkes 206. Additional information can also be found by visiting http://www.tacoma.washington.edu/studentaffairs/SHW/scc_about.cfm/

E-Mail:

All course communication will occur through your UW e-mail account. Do not e-mail the instructor or other students through other email accounts. See the UW e-mail policy: http://www.tacoma.washington.edu/policies_procedures/E-mail_Policy.pdf

Please demonstrate professionalism in your emails – use complete sentences with proper capitalization and punctuation.

Letter of recommendation policy:

If you plan to apply for internships and graduate school, you will eventually need to request letters of recommendation from your professors or other acquaintances. Please note that each professor may have their own policies for recommendations, and to follow those policies closely. My personal policy is to only write letters for students with whom I have discussed career plans and goals, who have completed at least two of my courses with exceptional grades and participation, and who demonstrate professionalism in and out of the classroom. The letter request must be made at least one month prior to the due date, and you must provide me with details regarding the school, program, due date, and letter format (forms, online, or paper).

Access and Accommodations

The University of Washington Tacoma is committed to making physical facilities and instructional programs accessible to students with disabilities. Disability Support Services (DSS), located in MAT 354, functions as the focal point for coordination of services for students with disabilities. If you have a physical, emotional, or mental disability that "substantially limits one or more major life activities [including walking, seeing, hearing, speaking, breathing, learning and working]," and will require accommodation in this class, please contact DSS at (253)692-4522, email at dssuwt@uw.edu or visit www.tacoma.uw.edu/dss for assistance.

Inclement Weather / Emergency:

Call 253-383-INFO to determine whether campus operations have been suspended. This information is also available on the UWT website. The instructor will also post an announcement on Canvas whenever possible to notify students of cancelled class. I highly recommend you enroll for text message alerts via UW Alert (http://www.tacoma.washington.edu/security/alert/)

Teaching and Learning Center:

The Teaching and Learning Center (TLC) offers free academic support for students at all levels. We offer one-on-one consultations and group workshops in writing, math, statistics, science, and Spanish. We also work with students on questions about English grammar & vocabulary, reading, and learning strategies. We are located in Snoqualmie 260 and online. Our schedules for appointments and drop-in visits are posted on our website at www.tacoma.uw.edu/tlc. For special needs or subject tutoring requests, please email uwtteach@uw.edu or call (253) 692-4417.
Student Responsibility

Registration in this course indicates that you agree to the terms of this syllabus and will abide by these terms for the duration of the course. Students are responsible for the syllabus policies in each of their courses; consult the syllabus to understand course policies, and to follow the terms of the syllabus.
COURSE SCHEDULE AND ASSIGNMENTS

This schedule is preliminary and is subject to change. Any changes to the schedule will be announced on Canvas.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading</th>
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| Week 1: January 5 & 7 | Introduction to the disciplines Scientific Inquiry         | 1 – What makes a research question  
2 – Intro. to the Science of Psychology                                 |
| Week 2: January 12 & 14 | Assignment 1 due Tuesday, January 12 Mechanisms that influence eating behavior | 3 – Motivation and Feeding Behavior                                     |
| Week 3: January 19 & 21 | Assignment 2 due Tuesday, January 19 Mechanisms that influence eating behavior continued | 4a – Scientific American article  
4b – The New York Times article                                         |
| Week 4: January 26 & 28 | Exam 1 Tuesday, January 26 Taste and Smell | 5 – Auguste Escoffier |
| Week 5: February 2 & 4 | Assignment 3 due Tuesday, February 2 Food Choice and Preference | 6 – One Person’s Meat... A.W. Logue                                     |
| Week 6: February 9 & 11 | Assignment 4 due Tuesday, February 9 Cooking and Creativity | 7a - TBD  
7b – Food and the creative brain... J.S. Allen                          |
| Week 7: February 16 & 18 | Exam 2 Tuesday, February 16 Culture, Cuisine, and Identity | 8a – Rozin 2005  
8b – Cargill Desire, Ritual, Cuisine                                     |
| Week 8: February 23 & 25 | Culture Continued Geopolitics of food | 9a – Singer 1972 |
| Week 9: March 2 & 4 | Assignment 5 due Tuesday, March 2 Geopolitics continued | 9b – Extraordinary science of addictive junk...                          |
| Week 10: March 9 & 11 | Exam 3 Tuesday, March 9 OR Thursday, March 11 | Flex time                                                              |
| Week 11: March 16 & 18 | No class meeting Assignment 6 due on Canvas | Assignment 6 due on Canvas Tuesday, March 15 by 11:59pm                 |