

---

## TCORE 113 F: Introduction to the Social Sciences

Theme: Food, eating behavior, and global food pathways

Winter 2019

Tuesdays and Thursdays, 10:10am – 12:10 pm

DOU 280

---

**Instructor:** Leighann Chaffee, M.A.  
**Office:** MDS 106 B (enter through Cherry Parkes)  
**Office Hours:** Tuesdays, 2pm – 3pm, and by appointment  
**Email:** LChaffee@uw.edu  
**Course Website:** Canvas

### Required Textbooks:

REQUIRED reading will be posted on canvas. Please bring the reading to class, either by printing out a hard copy or accessing on an electronic device.

### Catalog Description:

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 sports, competition, and performance as a theme to explore complex social topics. We will examine the theme with an interdisciplinary perspective employing psychology, sociology, social work, political science, economics, business, 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 food studies.

### 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.

### Evaluations and grades

Grades for this course will consist of your performance on four quizzes, in-class participation occurring regularly such as discussion or group work, and writing assignments to be completed outside of class.

#### 1. Quizzes

There will be 4 in-class quizzes, each accounting for 40 points. **Make up quizzes will ONLY be allowed in case of an emergency or if arranged at least one week in advance at instructor discretion.** Therefore, it is important that you discuss any potential conflicts with me **prior to the quiz**. Exemption from any quiz will not be given; however, with a legitimate excuse (hospitalization, severe illness verified by a medical doctor, death of family member) you can take an alternative version of the quiz at a time

convenient to both you and I (but no later than 1 week after the scheduled quiz). Permission will only be granted if you have a passing grade at the time of the request.

The quizzes will be taken during normal class periods and will be designed for completion within 30 minutes. Quizzes may occur at any point during the class period. Be on time and do not disrupt your peers from the quiz. There are no time extensions. *The quizzes are worth 160 points total (40 points each).*

Quiz 1: Tuesday, January 22, 2019 (40 points)

Quiz 2: Tuesday, February 5, 2019 (40 points)

Quiz 3: Tuesday, February 19, 2019 (40 points)

Quiz 4: Tuesday, March 12, 2019 (40 points)

2. In-Class Discussion and Assignments

In-class work, including discussions and assignments relating to assigned reading will be completed throughout the quarter, accounting for 100 of your total points for the course.

This in-class work will be unannounced and must be performed in-class. These participation-oriented activities may occur at any point during class time, thus you must arrive in class before class begins at 10:10am and stay for the duration. There are no make-up opportunities for in-class work; however, I will drop your lowest score on an in-class assignment to accommodate one absence. Attendance in my course is your responsibility; good attendance is strongly correlated with performance in my courses.

Complete the assigned reading and preparation BEFORE class to successfully earn in class participation points. Reading will be available to download on the Canvas course website. We will not cover all material in class. It is my expectation that you come to class ready to discuss the assigned reading as failure to prepare will count against the participation grade. You will complete a participation report at the end of the quarter, due Friday, March 15. *Participation is worth 100 points total.*

3. Assignments

Several assignments will be completed outside of class throughout the quarter. These assignments will be discussed in detail during class, and guidelines for their completion will be posted on the course website.

Assignments must be turned in on time via Canvas – before the beginning of class on the due date. Late work will receive a penalty of 25% 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. *The assignments are worth 210 points total.*

4. Experiential learning

You will complete 3 experiential learning assignments this quarter, each worth 10 points. These points can be earned by participation in social science research experiences and food studies experiences, to be discussed in class. Additionally, you may earn extra credit points by completing one or two additional experiential assignments. 10 points each, 3 required, two additional optional for extra credit. *Experiential learning is worth 30 total points.*

**POINT DISTRIBUTION:**

In-class participation + report	=	100 points possible
Four Quizzes	=	160 points possible
Assignments	=	210 points possible
Experiential learning	=	30 points possible
<hr/>		
TOTAL	=	500 POINTS POSSIBLE

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

Percent	Points	Grade	Percent	Points	Grade
≥ 97%	485-500	4.0	76.8-77.8	384-388	2.2
95.9-96.9	480-484	3.9	75.7-76.7	378-383	2.1
94.8-95.8	474-479	3.8	74.6-75.6	373-377	2.0
93.6-94.7	468-473	3.7	73.5-74.5	367-372	1.9
92.5-93.5	462-466	3.6	72.3-73.4	361-366	1.8
91.4-92.4	457-461	3.5	71.2-72.2	356-360	1.7
90.3-91.3	451-456	3.4	70.1-71.1	350-355	1.6
89.2-90.2	446-450	3.3	69.0-70.0	345-349	1.5
88.0-89.1	440-445	3.2	67.8-68.9	339-344	1.4
86.9-87.9	434-439	3.1	66.7-67.7	333-338	1.3
85.8-86.8	429-433	3.0	65.6-66.6	328-332	1.2
84.7-85.7	423-428	2.9	64.5-65.5	322-327	1.1
83.5-84.6	417-422	2.8	63.4-64.4	317-321	1.0
82.4-83.4	412-416	2.7	62.2-63.3	311-316	0.9
81.3-82.3	406-411	2.6	61.1-62.1	305-310	0.8
80.2-81.2	401-405	2.5	60.0-61.0	300-304	0.7
79.1-80.1	395-400	2.4	< 60.0%	< 300	0.0
77.9-79.0	389-394	2.3			

## COURSE POLICIES

### Academic Honesty:

A major part of your experience at UW Tacoma will be reading, synthesizing, and using the knowledge and ideas of others. To plagiarize is to use the ideas—or unique phrasing of those ideas—without acknowledging that they originate from someone or someplace other than you. Attributing where you get your information builds your own authority to speak on that topic and provides valuable backing to the arguments you make. Attribution also distinguishes your ideas and words from those of others who came before you.

At the University of Washington, plagiarism is a violation of the student conduct code, and the consequences can be serious. Though citing, quoting, and paraphrasing can be confusing at first, it is essential for your success at UWT that you familiarize yourself with these important conventions of academic writing. Additionally, plagiarism can be understood differently in various disciplines. For instance, the ways in which one summarizes others' ideas in texts, or attributes information from texts in one's own paper, are not the same in the sciences as they are in the humanities, or the social sciences. This means it is vital that you understand the specific expectations and guidelines for writing that will help you avoid plagiarizing in this class. If you have questions about what amounts to plagiarism, you are strongly encouraged to seek guidance from faculty and the Teaching and Learning Center as soon as possible.

### 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, turn in all assignments prior to your absence.
  - Second, check the syllabus and complete all reading.
  - Third, talk to a fellow student to determine what you missed.
  - Fourth, 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 10:10am and ends at 12:10pm. 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. Participate in discussions and group activities.
- Break time occurs when announced by the instructor. Do not enter and exit throughout the class period.
- Be respectful, civil, and polite at all times. Behaviors must support learning, understanding, and scholarship.

## **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 psychology 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 how you would like to be notified. Then select "notifications" from the left toolbar, select "ASAP" and where you would like to be notified.

## **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](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.

## **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](tel:2536924522), email at [dssuwt@uw.edu](mailto:dssuwt@uw.edu) or visit [www.tacoma.uw.edu/dss](http://www.tacoma.uw.edu/dss) for assistance.

## **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), located in MAT 354. Additional information: <http://www.tacoma.uw.edu/studentcounseling>

**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. For writing, reading, learning strategies and public speaking needs, please make an appointment online at: <http://uwttlc.mywconline.com/index.php>.

**Additional Resources**

I am a resource to assist you throughout this class, and I am happy to answer questions by email and to meet in person. Throughout the quarter, I will do my best to respond to emails within 24 hours. Here are some additional resources.

Teaching and Learning Center: <http://www.tacoma.washington.edu/tlc/>

Canvas Overview: <http://www.tacoma.uw.edu/canvas/getting-started>

Health Services: [http://www.tacoma.washington.edu/node/38770/scc\\_about.cfm/](http://www.tacoma.washington.edu/node/38770/scc_about.cfm/)

**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).

**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. Any changes to course activities, readings, and assignments will be announced in class and updated on Canvas.

## TENTATIVE COURSE SCHEDULE AND ASSIGNMENTS

This schedule is preliminary and is subject to change.  
Please complete the assigned reading BEFORE the class meeting that will cover the reading topics.  
Changes to the schedule will be announced in class and on canvas.

Week	Topic	Reading: Complete before class
Week 1: January 8 & 10	Introduction to the Social Sciences Food Studies and Research	Thursday 1/10: Reading 1 – Intro Supplemental: Ethnography Supplemental: BFL Food Studies
Week 2: January 15 & 17	<i>Assignment 1 due Tuesday, January 15</i> Biopsychology of eating and nutrition Motivation and eating	Tuesday 1/15: Reading 2 – Podcast! Supplemental: BFL Appetite + Satiety
Week 3: January 22 & 24	<b>Quiz 1 Tuesday, January 22</b> Taste and Smell	Thursday 1/22: Reading 3 – Fadiman
Week 4: January 29 & 31	Cooking and taste NO CLASS Thursday, January 31: Work on Assignment 2 (due Friday, 1 Feb)	Tuesday 1/29: Reading 4 – Escoffier
Week 5: February 5 & 7	<b>Quiz 2 Tuesday, February 5</b> Development and childhood	Tuesday 2/5: Reading 5 – Birch Thursday 2/7: Reading 6
Week 6: February 12 & 14	<i>Assignment 3 due Tuesday, February 12</i> Food Choice and Preference Cooking and Creativity	Tuesday 2/12: Reading 7 Thursday 2/14: Reading 8
Week 7: February 19 & 21	<b>Quiz 3 Tuesday, February 19</b> Culture, Cuisine, and Identity	Tuesday 2/19: Reading 9 Thursday 2/21: Reading 10
Week 8: February 26 & 28	Geopolitics <i>Assignment 4 due Thursday, February 28</i> <i>(PEER REVIEW)</i>	Tuesday 2/26: Reading 11 – Singer Supplemental reading: Brown 2013
Week 9: March 5 & 7	Contemporary topics	Tuesday, 3/5: Reading 12
Week 10: March 12 & 14	<b>Quiz 4 Tuesday, March 12</b> <i>Assignment 5 peer review in-class Thursday</i>	Experiential Learning Assignment + Participation report due Friday, March 15
Week 11: March 19	<b>No class meeting</b> <i>Assignment 5 due on Canvas</i>	<b>Assignment 5 due on Canvas</b> <b>Tuesday, March 19 by 11:59pm</b>