

FTS 100 WOMEN'S HEALTH ISSUES
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DESCRIPTION:

This survey course will explore varied women's health issues with attention to biological, political, social, and economic perspectives. Students are expected to think critically about all issues, examine issues based on personal values and social norms, carefully evaluate what they read and hear, and participate actively and fully in class. This course satisfies the requirement for an FTS course and fulfills the Writing Intensive (W-I) requirement.

CLASS MEETINGS AND LOCATION: Class meets M, T,W,F in Lund _____ at 9:00 A.M. Please be in the room and seated by 9:00 sharp.

TEXTS:

Contemporary Women's Health is the main text for the course. This text presents facts and summarizes research related to a variety of important issues but does not probe deeply into any single issue. We will also read scholarly journal articles that add both breadth to our discussions and depth on individual topics. To help students better identify essential information, each student individually completes **chapter study questions (SQ)**. When a chapter is due, a small group review format will be used to discuss the questions and your responses. Related articles will then be presented in small groups. SQ questions should be completed by the due date; each chapter is worth 10 points earned by having all questions answered appropriately and by sharing in small group. There are 160 points possible for thorough completion of SQ. Every student should earn these points! If, however, you miss class when a chapter SQ is due, these points cannot be earned since we will already have discussed the chapter.

The Everyday Writer is a second required text for this course and all FTS courses. Students will complete study questions for some chapters in this book and use the other chapters as a reference for writing assignments in both this class and the other courses you are taking throughout your four years at Gustavus

COURSE PACK: You will discover that some courses use a compiled note or course pack that students must purchase in the Bookmark, some courses put everything online, while other courses use only a text(s). In this FTS you will purchase a course pack that has been three-hole punched so that you may immediately put it in a three-ring binder. Please bring this to class everyday. You do not need to bring your book to class unless the instructor asks you to do so. In addition to the course pack, I have several documents online at my website. For example, the SQ are online so that you can more easily type your responses and have sufficient space to do so. A print version is in the course pack but you will use the online version for typing responses. It may be found at:

<http://homepages.gac.edu/~jherman/subindex100.html>

ARTICLES: Each student reads, reviews, and presents FOUR articles during the semester. You will find article assignments, due dates, and guidelines for the written analysis and oral presentation within the course pack. Articles are found online using Moodle. You will learn more about this when you read the assignment description within the course pack. Four articles=100 points

SUPPLEMENTARY BOOK: Each student will choose a book from a list provided, sign up for a book, carefully read it, and complete a written analysis followed by an oral presentation. These books go beyond the foundation material discussed in our text. Supplementary books explore an issue in depth from varied political, biological, economic, spiritual, and other perspectives. Be sure to choose a book that focuses on a topic of real interest to you. Details are provided within the course pack. This assignment is completed before we begin the next assignment described below. Written analysis and presentation = 60 points

COMPARE AND CONTRAST POSITION PAPER: Each student will sign up for a topic of personal interest, explore the research using quality journal articles, compare and contrast research findings and perspectives, and then state a research-based position and defend it. This paper is designed to be 5-7 pages maximum length. We will complete this paper in stages so that you receive feedback as the paper evolves. This should be a good introduction/reinforcement of research-based writing. CC paper=145 points

EXAMS: Two take-home, open book/notes essay exams are used in this course. Each is worth about 100 points. When completing an exam, you will typically write about 4 longer essays. I sometimes also include a few shorter style essay questions. Text material, articles shared in class, papers shared in class...any material discussed or read is fair game. I sometimes allow two people to work together on a take home exam. I will let you know if this is an option when I hand out exams.

EXTRA CREDIT LEARNING EXPERIENCES: Unlike some professors and teachers, I do include formal extra credit options for two reasons. First, not every student is a great test-taker, not every student loves research-based writing, and we all occasionally make silly mistakes that cost us in terms of points and grades. Second, I believe that when a student goes beyond the minimum expectations for a course and engages in learning by doing independent work, then that should be encouraged and rewarded. Thus, in this course you will notice some small extra credit projects in the chapter study question packet. There is also a list of terrific videos in the course pack; we use some in class but not all due to time limitations. A student might opt to view one of the videos, take notes and summarize what she learned. I would view this as a 10 point extra credit learning experience. A MAXIMUM OF 25 POINTS MAY BE EARNED THROUGH EXTRA CREDITS APPROVED BY THE INSTRUCTOR OR AS DESCRIBED WITHIN THE SQ PACKET.

EVALUATION: Student performance is evaluated using a "total points" system. At the end of the term, total points are converted to a percentage scale as indicated below:

93-100 %	A	73-79%	C	
91-92 %	A-	71-72%	C-	BOTH ATTENDANCE AND
89-90%	B+	69-70%	D+	PARTICIPATION AFFECT
83-89 %	B	63-69%	D	COURSE GRADE.
81-82%	B-	62% AND BELOW	F	
79-80 %	C+			

* STUDENTS MAY CALCULATE THEIR GRADE AT ANY TIME...SIMPLY TOTAL POINTS EARNED AND DIVIDE THIS NUMBER BY POINTS POSSIBLE.

LEARNING DISABILITIES OR OTHER SPECIAL NEEDS:

If you have a documented learning disability that requires special accommodations please speak with your instructor the first day of class. We will work together with you to ensure reasonable accommodations within the context of the course and its goals.

PLAGIARISM AND THE GAC HONOR CODE:

"In an instructional setting, plagiarism occurs when a writer deliberately uses someone else's language, ideas, or other original (not common-knowledge) material without acknowledging its source."

Definition From: Council of Writing Program Administrators
<http://www.wpacouncil.org/node/9>

Every Gustavus Adolphus College student is required to sign the following statement before final admittance into the College:

"As a community of scholars, the faculty and students of Gustavus Adolphus College have formulated an academic honesty policy and honor code system, which is printed in the Academic Bulletin and in the Gustavus Guide. As a student at Gustavus Adolphus College I agree to uphold the honor code. This means that I will abide by the academic honesty policy, and abide by decisions of the joint student/faculty Honor Board."

It is my expectation, and the expectation of every professor at GAC, that you are ethical and do your own work. Any violation of the Honor Code in this class will result in a grade of "F" and immediate referral to the dean for appropriate action.

I am confident that you will be ethical and honorable as you complete work, and that you will ask the instructor for help when needed.

OTHER GENERAL GUIDELINES FOR STUDENTS:

1. Be in class everyday. If ill, call Dr. Herman at 7614 prior to class or send me an e-mail message jherman
2. Check e-mail everyday. I frequently communicate with you electronically.
3. Be very careful with all writing. This is a writing course so we will discuss how to do each assignment and use extensive peer, writing center assistant, and instructor review .
4. All work is to be typed, using Times New Roman or Arial font in 12-point print size. Computer labs are available for student use if you do not have a personal computer. Be sure to edit your work and routinely use spell check.
5. I do not accept late work unless the student contacts me in advance and we agree on modifications in due date.
6. Use APA format when completing papers and outlines. (See the appropriate section in The Everyday Writer.)
7. When working in small group and large group...

Participate actively; do your share.

Be an active listener; affirm what has been said even if you disagree, share your viewpoint, ask respectful questions of the speaker.

Keep an open mind when considering controversial issues. Analysis requires each of us to listen, to consider, and to evaluate.

Be a facilitator...a person who keeps the conversation moving by asking for clarification, posing questions, and being positive.

Take notes when appropriate to do so; when asked to report back to large group, for example.

Always be prepared by reading assigned material, and completing assignments on time.

- * If I sense someone is not participating fully and positively, I will have a conversation with you. Course grade is affected by class participation. I recognize that each of us is an individual; some of you are very comfortable with "speaking" in class while others are not. The FTS is a small class experience designed to help each student think critically and be engaged. You need to become comfortable with active participation since most professors at GAC expect this and learning is all about engagement.

Take a chance even if you dread speaking up; we will absolutely be supportive. You are all women and this class is for and about women! Ask questions, answer questions, bring in a newspaper or magazine article that addresses a current issue for discussion and share what you learned, and be sure to think aloud with the rest of us. These are excellent ways to participate in the learning process.

FINAL COMMENTS ABOUT THIS COURSE

Begin this course by reviewing the course outline and due date sheet and mark all relevant dates on your personal academic calendar...be sure you have one of these and enter all due dates for all of your courses. This helps you stay organized.

I view this course as a wonderful opportunity for me to explore women's health issues with young women in a comfortable and supportive setting. All of us play an essential role in making this course "work." By being prepared everyday, and by being an engaged learner during class, you will enjoy and benefit from this FTS.

The goals of FTS go beyond content; in addition to learning more about women's health we will apply critical thinking skills, practice writing skills, explore issues related to values, and learn more about how to learn.

My roles within this course include the following:

- a facilitator of learning,
- a resource for improving your writing and thinking skills,
- an academic advisor who will help you adjust to college level work, assist you with academic planning, be a source of support as you problem solve, connect you with other resources, and help you think about interests and possible majors.

Our writing center assistant, **Kate Saling**, is a senior English and Japanese Studies major. She will work with us to help you improve writing skills. Kate will introduce herself the first week of class and talk about what she can offer to each of you as the Designated Tutor for this FTS. Her email address is: ksaling

If you need help with any assignment or project, just schedule an appointment or stop by my office during office hours. I am always happy to review a paper with you, answer questions, or help you think through a problem. Remember, if you do not ask for help, I cannot be of assistance since mind reading is not one of my talents!

FTS 100-WOMEN'S HEALTH ISSUES COURSE OUTLINE AND DUE DATES

This is subject to change at any time but will serve as a tentative outline of the course. It includes daily class activities, and when assignments are due. Enter all due dates in your personal academic planner.

Date	In-Class Activity	What To Work On
9/4 Tuesday	Get Acquainted Activity and begin review of syllabus	Read chp. 1 and do the study questions (SQ), and your article if assigned
9/5	Syllabus and assignments-explanation continued	Make a decision about which book you wish to read-pick five since you may not get your first choice; Make a decision about Compare-Contrast (CC) paper/presentation topic-have five choices before sign up day
9/7	Effective oral presentations, both informal and formal discussion	
Have You Taken A Walk in the Arboretum Yet?!		
9/10	Chapter 1 questions and articles due today	Read chapter 3 and do SQ and your article if assigned
9/11	Critical Thinking as a foundation for this course and writing assignments; sign up for both Book and CC topic.	Complete the Health Behavior Analysis Assignment
9/12	Chp. 3 SQ and articles due today	Begin reading your book and taking notes for the Book Analysis and Presentation due on Nov. 2
9/14	Understanding the Wellness Lifestyle; health behavior discussion-assignment due today	Read chapter 2 and do SQ and your article if assigned; write 3 questions regarding alternative med. and write 3 questions regarding OTC and prescription drugs that you wish to ask our speakers
Have You Visited Waldo's or River Rock Coffee Shops Yet?		
9/17	Finish Health Behavior analysis assignment and Chp. 2 SQ and articles due	
9/18	Speaker, Dr. Koehler--Alternative Medicine-Truths and Myths	Read chp. 4 and do the SQ and your article if assigned
9/19	Video-Prescribing Beauty	
9/21	Chap. 4 SQ and articles due today	Read chp. 5 and do SQ and

		your article if assigned
The GAC Library is a Nice Place to Study.		
9/24	Speaker-Women and Depression/ Jackie Alvarez	
9/25	Managing conflict appropriately	Read your book
9/26	Video-The Quest for Perfection and discussion; in-class writing reflection	
9/28	Chp. 5 SQ and articles due today	Complete the questions for Lunsford, chapters 1,2, 3
Remember that if you wish to do extra credit in this course, there are videos in the library you can review. See list of videos in syllabus.		
Oct. 1	B. Reimann, Speaker-Managing Stress in Healthy Ways	
10/2 Nobel	No Class - Attend at least TWO sessions of Nobel and take notes to be turned in on 10/5 – 8 points per session notes=16 points	
10/3 Nobel	No Class	
10/5	Visit the library to discuss selection of Scholarly Articles – Speaker-Michelle Twait	Be finishing your book and write the analysis-see syllabus; DUE 10/19
Remember that if you need help with this or any other class, stop by and See Dr. Herman.		
10/8	Class visits the Library to learn more about use of databases-preparation for CC paper – Speaker- Michelle Twait	
10/9	Discuss Nobel notes and Lunsford chps. 1,2,3 is due today	Read Lunsford and do questions for chps. 6,7,8,10
10/10	Facilitator-Dr. Larson Tai Chi Day!	
10/12	Lunsford questions, chps. 6,7,8,10 due today and discuss Gender Fair Language	Read chapter 6 and do SQ and your article if assigned and do chp. 19 in Lunsford
I hope you are enjoying your book.		
10/15	Chp. 6 SQ and articles due today	
10/16	speaker or video ??	
10/17	Discussion-Lunsford chp. 19 with review of chps. 16,17,18,20 in class; Writing a Research-Based paper	Handout take home exam
10/19	Book Analysis due today and shared!	Read chp. 7 and do SQ and your article if assigned
As your schedule permits, begin looking for your 6 articles for the CC paper. This might involve use of Interlibrary Loan which can take several days so don't wait too long to locate and order articles.		
10/22	Reading Day – no class	
10/23	Reading Day-no class	

10/24	Class Visits the Career Center	
10/26	Mid-Term Exam due; Chp. 7 SQ and articles due	Read chp. 8 and do SQ and your article if assigned; do STEP 1 of the CC paper
Thanksgiving Break will come very quickly!		
10/29	J. Alvarez- Making a Relationship Last and STEP 1 of CC paper due	Start immediately working on STEP 2 of the CC paper
10/30	Chp. 8 SQ and articles due today; complete the male riddles in class	
10/31	Speaker- Taking Care of Ourselves/Ginny Clementson, CNP	Read chp. 9 and do SQ and your article if assigned
Nov. 2	Class Visits International Education Center	
Move forward with your paper; if you need help ask.		
11/5	Chp. 9 SQ and articles due today	Read chp. 10 and do SQ and your article if assigned
11/6	Speaker, Ginny Clementson: and STEP 2 CC paper due today	
11/7	The abortion debate	Work on STEP 3, the first complete draft of the CC paper due Nov. 19
11/9	Begin nutrition learning centers	Read chp. 11 and do SQ and your article if assigned
Sleep is very important right now as the last month of the semester becomes busy and intense. Set a reasonable goal for a bedtime.		
11/12	Learning centers continued	
11/13	Chp. 10 and 11 SQ and articles due	Read chp. 12 and do SQ and your article if assigned
11/14	Video- Battling Eating Disorders (29 minutes) and discuss learning centers	
11/16	Video- Women and Alcohol; Alcohol in America discussion	Review course pack pages on smoking cessation
If you are having any problems, there are people here at GAC who can help.		
11/19	Chp. 12 SQ and articles due today and CC paper, STEP 3 due today	Two peers and instructor will critique your paper;
11/20	All About Quitting	Read chp. 13 and do SQ and your article if assigned
11/21	Thanksgiving Break-no class	
11/23	Thanksgiving Break-no class	Review the material in the course pack on Hallucinogens and Read chp. 14 and do SQ and your article if assigned
See, I told you Thanksgiving Break would be here soon.		
11/26	Chp. 13 SQ and articles due and peer and instructor critiques of STEP 3 CC returned today	Write the final draft of your CC paper, due 12/7...oral presentations scheduled

		12/4-12/12
11/27	Video-Just Like Me: Talking About AIDS (Interested in an excellent video in the library? View and take notes=10 point extra credit; "A Closer Walk")	Review the course pack pages on HIV/AIDS and do the exercise to hand in
11/28	Chp. 14 SQ and articles due; collect HIV/AIDS exercise from course pack	Read chp. 15 and do SQ and your article if assigned (be sure this is completed before tomorrow...at least the reading)
11/30	Panel on cancer and CVD ?	
Take a deep breath and remember that progress takes one step at a time.		
Dec. 3	Chp. 15 SQ and articles due	Read chp. 16 and do SQ and your article if assigned
12/4	Chp. 16 SQ and articles due; Sara V. presents her CC paper today	
12/5	Nicole, Sam S., Anna L. present today	
12/7	Ana, Sam N., Kristine present today	ALL CC PAPERS DUE TODAY!
Those final papers and presentations will be awesome since you have been working on them since mid-term time.		
12/10	Maggie, Kirstin, Elaine present today	
12/11	Kacie, Karen, Christina present today	Hand out take home final exam-due at scheduled exam time to be announced
12/12	Anna J., Katherine, Brittany present today	Complete the self-assessment on writing
12/14	Closure Discussion; self-assessment due	
Take a really deep breath and just do your best. You have worked hard all semester so FINISH STRONG!		
12/15	READING DAY-There are no classes. Exams begin tomorrow. The final exam due date for this class will be announced.	