

ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons

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ENVH 105: Toxic Tales: Building Skills for Academic Success Through the Study of Poisons

T and Th 2 credits - 10:30 -11:20 Zoom meetings

Instructors: Therese Mar, PhD and Gordon Maeha

Emails:

Therese Mar [therese@uw.edu \(mailto:therese@uw.edu\)](mailto:therese@uw.edu)

Gordon Maeha [gmaeha@uw.edu \(mailto:gmaeha@uw.edu\)](mailto:gmaeha@uw.edu)

Leah Spence [leahs@uw.edu \(mailto:leahs@uw.edu\)](mailto:leahs@uw.edu)

Todd Sperry [tsperry@uw.edu \(mailto:tsperry@uw.edu\)](mailto:tsperry@uw.edu)

Course Description

In this course students will develop academic skills through the study of basic toxicology. With historic and present day “toxic tales,” we will explore some fundamental concepts of toxicology such as dose response, routes of exposure and factors influencing toxicity. In this context, students will develop skills for academic success, including higher order thinking skills such as analysis, synthesis and evaluation; presentation skills; study strategies; time management; personal accountability and resiliency.

Course Objectives

- Promote study skills and learning strategies necessary for success in STEM courses. This will include: understanding one’s learning style, reading textbooks, note taking, time management and organization, personal accountability, resiliency, and connecting to resources.
- Provide an introductory overview of the fundamentals of toxicology. By acquiring some familiarity to the basic building blocks of toxicology, students will be able to build upon their interest and knowledge in subsequent courses.

Evaluation and grading

This course includes lectures, group discussions on study skills. Grades are based on quizzes, study skills assignments, class participation, a 2-3 page paper, and the final exam

Quizzes 45%

Study skills assignments and class participation 25%

Paper 10%

Final exam 20%

Paper and Presentation

Students will write a 2-3 page paper, and present to the class a historical or current topic “hot topic” related to toxicology. This may be something that has appeared in the news or scientific literature. This paper and presentation must include:

- background of the toxicant
- how people are exposed
- evidence from scientific literature
- Significance of this event to the field of environmental health/toxicology : eg. biological effects, routes of exposure, risk assessment, policy, environmental /social justice

Tentative Weekly Outline

Week 1

March 30 History of toxicology

The dose makes the poison

April 1 Study Skill of the week: Bloom’s taxonomy, critical thinking skills

Week 2

April 6 Factors that affect toxicity: Absorption, Distribution, Metabolism and Elimination

April 8 Study Skill of the Week: Time management, avoiding procrastination

Week 3

April 13 Leah Spence guest speaking

April 15 Quiz 1

Week 4

April 20 Toxic Tale of Arsenic

April 22 Study skill of the week: Adaptability-- Lessons from Nature

Week 5

April 27 Quiz 2

April 29 Study Skill of the week: Study Habits

Week 6

May 4 Toxic Tale of Mercury

May 6 Study Skill of the week: Presentation Skills

Week 7

May 11 Toxic Tale of Nicotine

May 13 Toxic Tale Lead

Week 8

May 18 Quiz 3

May 20 Guest speaker Todd Sperry

Week 9

May 26 student presentations

May 28 student presentations

Week 10

June 1 Leah Spence guest speaking

June 3 Final exam

ACCESS AND ACCOMMODATIONS

Your experience in this class is important to me. It is the policy and practice of the University of Washington to create inclusive and accessible learning environments consistent with federal and state law. If you have already established accommodations with Disability Resources for Students (DRS), please activate your accommodations via myDRS so we can discuss how they will be implemented in this course.

If you have not yet established services through DRS, but have a temporary health condition or permanent disability that requires accommodations (conditions include but not limited to; mental health, attention-related, learning, vision, hearing, physical or health impacts), contact DRS directly to set up an Access Plan. DRS facilitates the interactive process that establishes reasonable accommodations. Contact DRS at [disability.uw.edu \(http://depts.washington.edu/uwdrs/\)](http://depts.washington.edu/uwdrs/).

ACADEMIC INTEGRITY

Students at the University of Washington (UW) are expected to maintain the highest standards of academic conduct, professional honesty, and personal integrity.

The UW School of Public Health (SPH) is committed to upholding standards of academic integrity consistent with the academic and professional communities of which it is a part. Plagiarism, cheating, and other misconduct are serious violations of [the University of Washington Student Conduct Code \(https://www.washington.edu/studentconduct/\)](https://www.washington.edu/studentconduct/) (WAC 478-120). We expect you to know and follow the university's policies on cheating and plagiarism, and [the SPH Academic Integrity Policy \(https://sph.washington.edu/students/academic-integrity-policy\)](https://sph.washington.edu/students/academic-integrity-policy). Any suspected cases of academic misconduct will be handled according to University of Washington regulations. For more information, see the University of Washington Community Standards and Student Conduct website.

RELIGIOUS ACCOMMODATIONS

“Washington state law requires that UW develop a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The UW’s policy, including more information about how to request an accommodation, is available at [Religious Accommodations Policy \(https://registrar.washington.edu/staffandfaculty/religious-accommodations-policy/\)](https://registrar.washington.edu/staffandfaculty/religious-accommodations-policy/). Accommodations must be requested within the first two weeks of this course using the [Religious Accommodations Request form \(https://registrar.washington.edu/students/religious-accommodations-request/\)](https://registrar.washington.edu/students/religious-accommodations-request/).”

Course Summary:

Date	Details	Due
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Date	Details	Due
Tue Mar 30, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035688&include_contexts=course_1449257)	10:30am to 11:30am
Thu Apr 1, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035689&include_contexts=course_1449257)	10:30am to 11:30am
Tue Apr 6, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035690&include_contexts=course_1449257)	10:30am to 11:30am
	 Bloom's Taxonomy & Critical Thinking Skills (https://canvas.uw.edu/courses/1449257/assignments/6260230)	due by 10:30am
Thu Apr 8, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035691&include_contexts=course_1449257)	10:30am to 11:30am
Tue Apr 13, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035692&include_contexts=course_1449257)	10:30am to 11:30am
	 Time Management Reflection (https://canvas.uw.edu/courses/1449257/assignments/6272169)	due by 10:30am

Date	Details	Due
Thu Apr 15, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035693&include_contexts=course_1449257)	10:30am to 11:30am
	 Toxic Tales Quiz 1 (https://canvas.uw.edu/courses/1449257/assignments/6278633)	due by 11:59pm
Fri Apr 16, 2021	 Mindfulness Daily Practice (https://canvas.uw.edu/courses/1449257/assignments/6279949)	due by 11:59pm
Tue Apr 20, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035694&include_contexts=course_1449257)	10:30am to 11:30am
Thu Apr 22, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035695&include_contexts=course_1449257)	10:30am to 11:30am
Tue Apr 27, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035696&include_contexts=course_1449257)	10:30am to 11:30am
	 Toxic Tales Quiz 2 (https://canvas.uw.edu/courses/1449257/assignments/6298482)	due by 11:59pm
Thu Apr 29, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035697&include_contexts=course_1449257)	10:30am to 11:30am

Date	Details	Due
Fri Apr 30, 2021	 Mindfulness Practice Checkin #1 https://canvas.uw.edu/courses/1449257/assignments/6302640	due by 11:59pm
Tue May 4, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035698&include_contexts=course_1449257	10:30am to 11:30am
Thu May 6, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035699&include_contexts=course_1449257	10:30am to 11:30am
Tue May 11, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035700&include_contexts=course_1449257	10:30am to 11:30am
Thu May 13, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035701&include_contexts=course_1449257	10:30am to 11:30am
Tue May 18, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035702&include_contexts=course_1449257	10:30am to 11:30am
Thu May 20, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons https://canvas.uw.edu/calendar?event_id=2035703&include_contexts=course_1449257	10:30am to 11:30am

Date	Details	Due
Tue May 25, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035704&include_contexts=course_1449257)	10:30am to 11:30am
Thu May 27, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035705&include_contexts=course_1449257)	10:30am to 11:30am
Tue Jun 1, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035706&include_contexts=course_1449257)	10:30am to 11:30am
Thu Jun 3, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035707&include_contexts=course_1449257)	10:30am to 11:30am
Tue Jun 8, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035708&include_contexts=course_1449257)	10:30am to 11:30am
Thu Jun 10, 2021	 ENV H 105 A Sp 21: Toxic Tales: Building Skills For Academic Success Through The Study Of Poisons (https://canvas.uw.edu/calendar?event_id=2035709&include_contexts=course_1449257)	10:30am to 11:30am