

ENV H 105 A Sp 22: 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 Room 226 Instructional Center

This class is taught in-person only

Instructors: Therese Mar, PhD and Gordon Maeha

Emails:

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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)

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%

Final Paper

Students will write a 2-3 page paper about a historical or current topic “hot topic” related to toxicology. This may be something that has appeared in the news or scientific literature. **Do not pick a toxicant that was discussed in class (arsenic, mercury, nicotine, or lead).** This paper 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 29 [History of toxicology](#).

The dose makes the poison

March 31 Study Skill of the week: [Bloom’s taxonomy, critical thinking skills](#)

Week 2

April 5 Factors that affect toxicity: [Principles of Toxicology](#).

April 7 Study Skill of the Week: [Time management, avoiding procrastination](#)

Week 3

April 12 [Toxic Tale of Arsenic](#)

April 14 Quiz 1

Week 4

April 19 Toxic [Toxic Tale Mercury](#)

April 21 Study skill of the week: [Adaptability-- Lessons from Nature](#)

Week 5

April 26 Guest speaker - Leah Spence: [Introduction to Mindfulness](#)

April 28 Study Skill of the week: [Study Habits](#)

Week 6

May 3 Quiz 2

May 5 Study Skill of the week: [Presentation Skills](#)

Week 7

May 11 Toxic Tale of Lead

May 12 Guest Speaker - Leah Spence

Week 8

May 17 Guest speaker - UW Science librarian

May 19 Quiz 3

Week 9

May 24 Toxic Tales Nicotine

May 26 Study Skill of the week: Growth Mindset

Week 10

May 31 Introduction to environmental justice: North Carolina Case study

Real People-Real Stories: Seeking Environmental Justice-Afton, NC

June 2 TBD

Final Exam Monday, June 6th 10:30 am -12:20 pm

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/) [\(https://www.washington.edu/studentconduct/\)](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/) [\(https://sph.washington.edu/students/academic-integrity-policy/\)](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/) [\(https://registrar.washington.edu/staffandfaculty/religious-accommodations-policy/\)](https://registrar.washington.edu/staffandfaculty/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/)

[\(https://registrar.washington.edu/students/religious-accommodations-request/\)](https://registrar.washington.edu/students/religious-accommodations-request/)..”

Course Summary:

Date	Details	Due
Thu Apr 14, 2022	 Quiz 1 https://canvas.uw.edu/courses/1545871/assignments/7340162	due by 11:20am
Tue Apr 26, 2022	 "Adaptability: Lessons from Nature" Reflection https://canvas.uw.edu/courses/1545871/assignments/7345467	due by 10:30am
Fri Apr 29, 2022	 Mindfulness Daily Practice https://canvas.uw.edu/courses/1545871/assignments/7352830	due by 11:59pm
Tue May 3, 2022	 Quiz 2 https://canvas.uw.edu/courses/1545871/assignments/7368188	due by 11:20am