Fundamental Concepts of Modern Biology

BILD 10

Fall 2022

Instructor

Cindy Gustafson-Brown (Dr. Gus)

Office	Humanities & Social Sciences 11	45F	
email	cgb@ucsd.edu (Put BILD 10 in the subject line!)		
office hours	Wed, 3-4 PM, location TBA	(no office hours until Oct 5)	
	During Week 6 only, office hours will be changed Friday, Nov 4, 3-4 PM.		

Please present your questions about course material <u>in person</u> during office hours, not by email. I cannot guarantee an answer to your email, unless it is an urgent issue.

Welcome to BILD 10!

This course provides an introduction to the biochemistry and genetics of cells and organisms; illustrations are drawn from microbiology and human biology. This course is designed for non-biology students and does not satisfy a lower-division requirement for any biology major. Open to non-biology majors only.

My goals for this class

- Provide you with a foundation of basic biology principles, particularly the biochemistry and genetics of cells and organisms
- Convince you that everyone can learn science.
- Convince you biology is relevant to your life.
- Empower you to understand and think critically about biology issues that come up.
- Convince you that biology is FUN and interesting!
- Empower you to learn on your own.

<u>COVID-19</u>

You may find general COVID-19 information for UCSD here: <u>https://vcsa.ucsd.edu/news/covid-19/</u>

There is information on student well-being here: <u>https://studentwellbeing.ucsd.edu/</u>

Class format

All **lectures** (except 3) will be delivered in-person and podcast. Masks must be worn in the lecture hall.

There will be three lectures that will be pre-recorded and loaded on to Canvas.

Online **homework** will be done on the MindTap program, that comes with your eBook.

All exams will be in-person, no exceptions.

Course website <u>https://canvas.ucsd.edu/</u>

If you are a *concurrent enrollment student* (taking the course through UCSD extension), you can get access to Canvas right away. You must inquire at the Extension office. It is critical to do this as soon as possible!

time	location	IA
		Tessa Gluckman
		Titania Huang
Th 2pm-3pm	Fairbanks Coffee near York Hall	Katheren Chiang
Th 6pm-7pm		Lujing Wu
F 11:30am-12:30pm	Seating area behind 64 Degrees	Leanne Dugan
F 12pm-1pm	Catalyst Hall?	Elena Lozano

IA office hours (*There will NOT be IA office hours until week 2, that is Oct 3-7.*)

You may attend the office hours of any IA.

Discussion sections (*First discussion sections will be week 1, Sept 27 and 28.*)

Each section meets once per week. In section you may review the lecture material and/or discuss the readings.

	time	location	IA	email
A01	Tu 8-8:50 PM	HSS 2154	Tessa Gluckman	tgluckman@ucsd.edu
A03	W 8-8:50 AM	CENTR 220	Katheren Chiang	k2chiang@ucsd.edu
A04	W 9-9:50 AM	CENTR 217A	Elena Lozano	eilozano@ucsd.edu
A05	W 10-10:50 AM	CENTR 217A	Elena Lozano	eilozano@ucsd.edu
A06	W 12-12:50 PM	HSS 2150	Leanne Dugan	ldugan@ucsd.edu
A07	W 3-3:50 PM	WLH 2115	Titania Huang	t6huang@ucsd.edu
A08	W 7-7:50 PM	HSS 2154	Lujing Wu	luwu@ucsd.edu
A09	W 8-8:50 PM	HSS 2154	Lujing Wu	luwu@ucsd.edu

Classroom etiquette

Because this is a large lecture class, minimizing distractions is important. Please have respect for your classmates and the instructor by silencing cell phones and other electronic devices, not talking, and minimizing other distracting activities in class.

How will this class work??? What do I do???

- 1. Students will read a passage from the (online) **textbook** before each lecture. The reading assignments for each week are located:
 - a. on the schedule at the end of this syllabus
 - b. on Canvas, in the "Weekly Reading" module.
- 2. **Students will submit online homework** on Mondays and Fridays. You can link to the online homework in either of these locations:
 - a. on the "Assignments" page on Canvas
 - b. directly in the Cengage MindTap program.

On the class schedule (last page of syllabus), you can see which days have homework due, by looking for an **orange dot** next to each date. The homework is due at 12 PM on the relevant day, but you may do it earlier if you wish. Each homework assignment is available 7 days before it is due. Late homeworks are not accepted. Students are expected to complete these homeworks on their own without collaboration. The lowest homework score will be dropped.

- 3. For your convenience, the **PowerPoint slides** for each lecture will be posted the morning of the lecture. They mostly contain diagrams, graphs, photos, etc, to illustrate the topic of the lecture.
- 4. On M/W/F we will have **in-person lecture** in Mosaic 114. The lecture topic and reading schedule is at the end of the syllabus. The lecture will be podcast, so you can also listen to it later, but you will learn more if you come to class in person!
- 5. Students are encouraged to come to Dr. Gus' office hours on Wednesdays. Due to a medical procedure during <u>Week 6</u>, office hours must be changed to Friday, Nov 4, 3-4 PM. Even if you don't have questions prepared in advance, do come! If you are struggling or you don't know where to start, do come! I'm happy to tutor you. Even if you want to talk about other things, like grad school or career options, do come! I also make appointments for private in-person meetings and zoom calls.

In addition, the IAs will have office hours throughout the week. Often, there are not many students at IA office hours, so you may get one-on-one tutoring! That's a great deal!

- 6. Students are encouraged to come to their assigned **discussion section**. In sections you will get practice exam questions and work on activities to help you learn more and prepare for exams.
- 7. There will be two **films** posted for you to watch. (see below)
- 8. There will be two in-person, closed-book midterms.
- 9. The in-person, closed-book **final exam**.

Textbook and online homework program

Biology, Today and Tomorrow, 6th edition, (2020) by Starr, Evers, and Starr, plus the *MindTap* online homework program. You must use the online homework program, and it cannot be purchased without the integrated eBook.

Weekly textbook reading is required in this course. Frequent homework assignments, found in the accompanying *MindTap* program, will assess your understanding of the reading. Studies have shown that students who have frequent opportunities to practice what they are learning retain more information! Further, reading prior to lecture provides a foundation for better comprehension and discussion in lecture. It will be difficult to pass the course without doing the reading, which will be covered by the exams even if it is not reiterated in lecture.

Your digital textbook (eBook plus MindTap homework program) is provided by the UC San Diego Bookstore via the "Inclusive Access" program, linked on our course Canvas page. This is the cheapest way for you to access both the textbook and the homework program. The textbook is free for the first two weeks of classes. After two weeks, your student account will be charged a special reduced price *unless you opt out by October 8, 2022*.

Information about UCSD Inclusive Access Program is at https://ucsandiegobookstore.com/tinclusiveaccess.aspx

RedShelf customer support is here: https://solve.redshelf.com/hc/en-us/categories/115000384354-Student-Customer-Support

Films

There are two required films, each one hour long.

- You will watch the first one on your own time, instead of coming to lecture on Oct 21. It will be covered on Midterm 2.
- You will watch the second film on your own time. It will be covered on the final exam.

Both are available for viewing online, streaming from the publisher's web site. See the course web site for links, which are also provided below.

Supplements and Safety (2016)

http://www.pbs.org/video/2365646371/

An investigation into the hidden dangers of vitamins and supplements, a multibillion-dollar industry with limited FDA oversight. FRONTLINE, The New York Times and the Canadian Broadcasting Corporation examine the marketing and regulation of supplements, and cases of contamination and serious health problems.

This film will be covered on midterm 2.

Hunting the Nightmare Bacteria (2013)

http://www.pbs.org/wgbh/frontline/film/hunting-the-nightmare-bacteria/

Has the age of antibiotics come to an end? From a young girl thrust onto life support in Arizona to an uncontrollable outbreak at one of the nation's most prestigious hospitals, FRONTLINE investigates the alarming rise of a deadly type of bacteria that our modern antibiotics can't stop. This film will be covered on the final exam.

How to study the films: The midterms and final exam will test you on material from the films. You should take notes when you watch them, and review your notes before the exams. Do NOT worry about exact dates, numbers statistics, or names of characters in the films. Instead, focus on the stories, history (major events and general time frame), arguments of different stake-holders, policy issues, causes of controversies, impact of the situations described on individuals and society, appropriate and inappropriate responses, biological bases for understanding the situations, etc. For each part, or chapter, of the film you should be able to say something intelligent about what the message was. Do NOT wait to the last minute to watch the films, in case there is a technical glitch.

I have made additional interesting films available to you, which are not required for the course. See the links on the Canvas web site. Some link directly to the publishers' web sites, and some link to library reserves. When using UCSD library reserves, you must access the films from within the UCSD protected network or use a VPN if you are off campus.

Exams

Note that the **midterms** are in-person, and are in the evening, outside of normal lecture time! Put this on your calendar. CHECK YOUR SCHEDULE!

Midterm 1	Thurs, Oct 13	8-9:20 P	Peterson 108
Midterm 2	Tues, Nov 8	8-9:20 P	Peterson 108

Exams will be closed-notes/closed-book, primarily short answer with a few true/false, multiple choice, and short essay questions. You will be accountable for **all material covered in lecture**, **PowerPoint slides**, **assigned material in MindTap**, **and all required reading**.

There will also be exam questions pertaining to the **required films**.

The **final exam** will be in-person on **Monday**, **Dec 5**, **11:30-2:30**. It will be comprehensive, with emphasis on the last part of the course. The final exam will <u>not</u> cover first film.

BRING STUDENT ID. It will be checked at the exam.

Your handwriting must be legible; we will disregard answers which cannot be deciphered.

Old exams are posted on the course web site. The material will not be exactly the same or covered in the same order, and during different quarters the exam lengths may differ. Use old exams to become familiar with my <u>style</u> of exams, but don't assume the material is exactly the same. Old exams are not a review sheets.

The IAs will conduct a **review session** before each exam:

First review session	Wed, Oct 12, in the evening
Second review session	Mon, Nov 7, during regular lecture time
Final review session	Sun, Dec 4, in the evening

Missed exams

Make sure your class schedule has NO conflicts with the midterms or the final exam! There are no alternate exams for scheduling conflicts. Under NO circumstance will an exam be given online in BILD 10.

If you know in advance you must miss an exam due to an unavoidable situation (e.g. surgery), it is your responsibility to clear it with Dr. Gus as soon as the conflict becomes apparent.

If a spontaneous emergency (*e.g.* illness or accident) arises, you **must contact the instructor within 24 hours** of the missed exam. Please note that as of this writing (9/20/2022), UCSD's policy is that "<u>Vaccinated</u> students who have been <u>exposed</u> [to COVID-19] are allowed to attend class and move about campus <u>masked</u>" which includes attending in-person exams. **This does not include people who have COVID symptoms or a positive test result.** You can find an up-to-date policy and more details here: <u>https://returntolearn.ucsd.edu/return-to-campus/exposure-contact-tracing/index.html</u>

If you are concerned that you would endanger others by attending an in-person exam, please email me as soon as possible to discuss your situation. If you have extraordinary circumstances that make it impossible for you to take an exam in person, email me as soon as possible. Otherwise you will receive a zero on the missed exam.

Course grade

This course will be graded on a curve. The class mean will be a B. There will be pluses & minuses. There will be 1000 points total during the quarter. You must achieve at least 395 combined points (50% of the total points) on the three exams in order to pass the class (C minus).

	percent	<u>points</u> (out of 1000)
Homework (MindTap)	21%	Your total is normalized to 210 possible points
Midterm 1	22%	220
Midterm 2	22%	220
Final exam	35%	350

Academic integrity

Integrity of scholarship is essential for an academic community. The University expects that both students and faculty will honor this principle and in so doing protect the validity of University intellectual work. For students, this means that all academic work will be done by the individual(s) to whom it is assigned, without unauthorized aid of any kind. Academic misconduct is defined as any prohibited and dishonest means to receive course credit, a higher grade, or avoid a lower grade. Academic misconduct misrepresents your knowledge and abilities, which undermines the instructor's ability to determine how well you're doing in the course.

All course materials are the property of the instructor, the course, and the University of California, San Diego and **may not** be posted online, submitted to private or public repositories, or distributed to unauthorized people outside of the course.

BILD 10 students are expected to do their own work, as outlined in the UCSD Policy on Academic Integrity. Because all homework/quizzes/exams are required for satisfactory completion of this course, any student caught engaging in academic dishonesty may receive a failing grade for the course. He/she may also be suspended from UCSD. *Please* do not risk your future by cheating!

The Office of Academic Integrity has compiled a useful list of tips here:

https://academicintegrity.ucsd.edu/take-action/covid-19-students.html

In this course, we need to establish a set of shared values. Following are values* adopted from the <u>International Center for Academic Integrity</u>, which serve as the foundation for academic integrity.

	As students we will	As the teaching team we will
Honesty	 Honestly demonstrate your knowledge and abilities according to expectations listed in the syllabus or in relation to specific assignments and exams Communicate openly without using deception, including citing appropriate sources 	 Give you honest feedback on your demonstration of knowledge and abilities on assignments and exams Communicate openly and honestly about the expectations and standards of the course through the syllabus and in relation to assignments and exams
Responsibility	 Complete assignments on time and in full preparation for class Show up to class on time and be mentally and physically present Participate fully and contribute to team learning and activities 	 Give you timely feedback on your assignments and exams Show up to class on time and be mentally and physically present Create relevant assessments and class activities

Respect	 Speak openly with one another while respecting diverse viewpoints and perspectives Provide sufficient space for others to voice their ideas 	 Respect your perspectives even while we challenge you to think more deeply and critically Help facilitate respectful exchange of ideas
Fairness	 Contribute fully and equally to collaborative work, so that we are not freeloading off of others on our teams Not seek unfair advantage over fellow students in the course 	 Create fair assignments and exams and grade them in a fair and timely manner Treat all students and collaborative teams equally
Trustworthiness	 Not engage in personal affairs while on class time Be open and transparent about what we are doing in class Not distribute course materials to others in an unauthorized fashion 	 Be available to all students when we say we will be Follow through on our promises Not modify the expectations or standards without communicating with everyone in the course
Courage	 Say or do something when we see actions that undermine any of the above values Accept the consequences of upholding and protecting the above values 	 Say or do something when we see actions that undermine any of the above values Accept the consequences of upholding and protecting the above values

* This class statement of values is adapted with permission from Tricia Bertram Gallant Ph.D.

How can I succeed in BICD 10?

- 1. **Read** the assigned pages <u>before</u> lecture. You will understand the lectures better and learn more. The lecture will be related to the assigned reading, but may expand on the topic. Nevertheless, you are accountable for <u>all</u> reading. It will be covered on the exams.
 - a. **Keep up with the reading**. Pace yourself with the reading schedule. If you bump into material that is too technically challenging, *don't get bogged down*. Skip it (temporarily). Return to the most difficult material later.
 - b. **Outline** the important points as you read. This will help you remember the flow of information and contextualize the details. You will <u>not</u> remember all the reading unless you take notes. Use index cards, or a notebook, to summarize the important points.
- 2. Look up words you don't understand in the MindTap glossary, or online. Pay attention to the vocabulary words in each chapter, which are in bold type.
- 3. Keep up with the homework on MindTap. If you miss a question, try it again to learn the concept well and to maximize your points.
- 4. Come to lecture.
 - a. Listen to the podcast.
 - b. **Review** your notes within 24 hours of the lecture.

Even more effective: rewrite (outline) your notes within 24 hour of the lecture.

There may be material presented in lecture that is not in the textbook, for example applications of the topics to our everyday experiences. You are accountable for all lecture material.

- c. **Review** the PowerPoint slides with your lecture notes. PowerPoint slides will NOT contain all the instructor's notes. They primarily contain announcements, illustrations, graphs, diagrams, and photos which augment the lecture. They will be posted by the morning of each lecture. You are accountable for everything in the PowerPoint slides.
- 5. **Study** frequently. <u>Repetition over time</u> is the key to retaining information. Your goal is to establish new neural pathways in your memory and fire them often! Cramming does not accomplish this.
- 6. **Study** with other students, and choose those who are serious about academics. Make up questions and quiz each other. Anticipate potential exam questions. This is a strategy that has been demonstrated to increase student learning.
- 7. **Take notes** during the films. If you have time, you may watch a film twice! Do not wait until the last minute.
- 8. **Go** to your discussion section. There will be opportunities to review the material and ask questions. There will also be practice exam questions, so you can assess your progress.
- 9. Go to the office hours of the IAs and the instructor. Office hours are a time to ask questions, ask for help or advice, or just hang out and chat! It is also a time for you and your instructor or IA to get to know one another in an informal setting.
- 10. Go to the review sessions.
- 11. Utilize study aids provided
 - a. on the course web site (Canvas)
 - b. on the textbook web site
- If you are having personal difficulties, do not hesitate to seek help at Counseling and Psychological Services. They can help you get over many types of hurdles. <u>http://caps.ucsd.edu/</u>

Their self-help library of resources covers many relevant topics, and can be accessed at <u>http://caps.ucsd.edu/selfhelp.html</u>

Subject to change policy

The information contained in the course syllabus, other than the grade and absence policies, may be – under certain circumstances (*e.g.* to enhance student learning) – subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Accessibility

http://disabilities.ucsd.edu | osd@ucsd.edu | 858-534-4382 (UCSD campus contact) https://biology.ucsd.edu/education/undergrad/osd.html | bioosd@ucsd.edu (UCSD Biology) Any student with a disability is welcome to contact me early in the quarter to work out reasonable accommodations to support their success in this course. Students requesting accommodations should provide a current Authorization for Accommodation (AFA) letter issued by the Office for Students with Disabilities (OSD), prior to eligibility for requests. Receipt of AFAs in advance is necessary for appropriate planning for the provision of reasonable accommodations. Instructors will receive Authorization for Accommodations Letters from the OSD online portal. Instructors are unable to provide accommodations unless they are first authorized by OSD.

Inclusion

If you have feedback on how to make the class more inclusive, please get in touch! Office of Equity, Diversity, and Inclusion: 858.822.3542 | <u>diversity@ucsd.edu</u> | <u>https://diversity.ucsd.edu/</u> https://students.ucsd.edu/student-life/diversity/index.html

Discrimination and Harassment

The University of California, in accordance with applicable federal and state laws and university policies, does not discriminate on the basis of race, color, national origin, religion, sex, gender, gender identity, gender expression, pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition, genetic information, ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (including membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services). The university also prohibits harassment based on these protected categories, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking. The nondiscrimination policy covers admission, access, and treatment in university programs and activities.

If students have questions about student-related nondiscrimination policies or concerns about possible discrimination or harassment, they should contact the Office for the Prevention of Harassment & Discrimination (OPHD) at (858) 534-8298, <u>https://ophd.ucsd.edu/</u>, or <u>http://ophd.ucsd.edu/report-bias/index.html</u>

Campus policies provide for a prompt and effective response to student complaints. This response may include alternative resolution procedures or formal investigation. Students will be informed about complaint resolution options. A student who chooses not to report may still contact CARE at the Sexual Assault Resource Center for more information, emotional support, individual and group counseling, and/or assistance with obtaining a medical exam. For off-campus support services, a student may contact the Center for Community Solutions. Other confidential resources on campus include Counseling and Psychological Services, Office of the Ombuds, and Student Health Services.

Student resources

<u>Click here</u> for a video tour of student services and cultural centers across campus. This is a great place to start, for an excellent overview!

Academic support

Content Tutoring at the Academic Achievement Hub	Drop-in and online tutoring through the Academic Achievement Hub
Supplemental Instruction at the Academic Achievement Hub	Peer-assisted study sessions through the Academic Achievement Hub to improve success in historically challenging courses
Writing Hub Services at the Academic Achievement Hub	Improve writing skills and connect with a peer writing mentor
Learning Strategies tutoring at the Academic Achievement Hub	Support in developing skills as learners. Through one-on-one appointments, group workshops, and a Canvas resource site, students gain strategies for managing university-level learning, achieve greater insight into how they best learn, and develop a growth mindset, which research shows improve students' knowledge, skills, and abilities for success.
OASIS	Academic and personal development support through individual tutoring and group workshops.
Student Success Coaching Program	Peer mentor program that provides students with information, resources, and support in meeting their goals

Technical support

UCSD Technical Support	Assistance with accounts, network, and technical issues (not MindTap)
Connect from Off-Campus	Help connecting to electronic library resources such as eReserves and e-journals
Computer labs	Find the locations of computer labs in different areas of campus.
Tech Lending Program	Circulates technology items to currently enrolled UCSD students to ensure that users have the technological means to complete coursework as efficiently as possible. TLP inventory consists mostly of frequently-requested items like device chargers, adapters (e.g., mini-HDMI to HDMI), flash drives, and headsets.
Technology Lending Request Form	Fill out this form for requests.
Tools for Remote Learning	Guidance on technology for students, including Zoom and Canvas , trouble-shooting and resources for internet access

Personal support

Basic Needs	Provides access to food, housing, and financial resources
Basic needs assistance forms	Assistance forms for a variety of services
Financial Aid and Scholarships	Answers to questions about financial aid and scholarships. Virtual counseling is available.
Financial Wellness	Access to emergency loans, appeals to increase financial aid, and financial literacy resources.
Counseling and Psychological Services (CAPS)	Provides confidential counseling, consultations, and workshops for psychiatric services and mental health programming
CAPS Crisis and Emergency Services	CAPS provides crisis and urgent counseling to students as well as emergency services.
Community Centers	As part of the <u>Office of Equity, Diversity, and Inclusion</u> the campus community centers provide programs and resources for students and contribute toward the evolution of a socially just campus
Office for Students with Disabilities	Documents students disabilities, provides accessibility resources, and reasonable accommodations
Student Affairs Case Management Services Get help at (858) 246-1111	Triages and addresses student distress by ensuring that students are connected to appropriate resources. Inclusive, comprehensive support services that empower UCSD students to address all aspects of their health and well-being.
CARE at the Sexual Assault Resource Center	Support for victims of sexual assault 858.534.5793

Lecture/reading schedule on next page

Reading is in *Biology, Today and Tomorrow, 6th edition*, (2020).

Each chapter has a section titled "Digging into the data." You are <u>NOT</u> required to read these sections, except in Chapter 23 for Nov 30.

Color codes:	orange dot	homework is due this day
	green	exam
	lavender	no in-person class this day
	yellow	holiday

Date	Session	Торіс	Required reading
Fri, Sept 23	1	Introduction to BILD 10	
Mon, Sept 26 🛛 🔴	2	Finish intro; Start Diversity	1.1-1.4, 3.7
Wed, Sept 28	3	Diversity of life	
Fri, Sept 30	4	How is science done?	1.5-1.7
Mon, Oct 3	5	Molecules of life	2.1, 2.7-2.10
Wed, Oct 5	6	Molecules; Cell structure	
Fri, Oct 7 🛛 🔸	7	Cell structure	3.1-3.3
Mon, Oct 10	8	Cell structure	3.4-3.5
Wed, Oct 12	9	Cell structure	
Thurs, Oct 13		MIDTERM 1 – 8:00-9:20 PM – Peterson 108	
Fri, Oct 14	10	Energy, Membrane transport	4.5, 4.6
Mon, Oct 17	11	Microbiome	14.1, 23.3 (portion on microbiota)
Wed, Oct 19	12	DNA	7.1, 7.2 (ONLY the last section "DNA: The Molecule of Heredity"), 7.3
Fri, Oct 21	13	Watch film online: Supplements and Safety	

This is the first four weeks.

The rest of the schedule will be posted within a week!