

BISP 170, Spring Quarter, 2022

BioScholars Seminar: The Biology and Medical Aspects of Circadian Rhythms

Instructor: Dr. Kathleen French (kfrench@ucsd.edu)

Time: Tuesdays, 4:00 – 6:00 p.m.

Location: 2130 Bonne Hall

General course description: *2 units, letter grade (or P/NP).* Each year, this student-organized seminar course considers several aspects of a current topic in biology. This year we'll consider circadian rhythms: what they are, how they work, and how they affect our lives.

Contacting your instructor: Email: kfrench@ucsd.edu

Week	Date	Speaker	Topic
1	March 29	Dr. Kathy French, UCSD Biological Sciences	Introduction to BISP 170 for 2022
2	April 5	Dr. Susan Golden, UCSD Division of Biological Sciences	Introduction to circadian rhythms
3	April 12	Dr. Paula Desplats, UCSD Medicine Depts of Neuroscience and Pathology	Circadian rhythms and dementia
4	April 19	Jennifer Reiswig, Biological Sciences Librarian, UC San Diego Library	Finding what you're looking for in the biological literature
5	April 26	Dr. Michael McCarthy, UCSD Dept. of Psychiatry and San Diego Veterans Affairs	Circadian rhythms in bipolar disorder
6	May 4	Dr. Amir Zarrinpar, UCSD Medicine Division of Gastroenterology	Circadian rhythms and the gut microbiome
7	May 10	Dr. Liz Harrison, UCSD Center for Circadian Biology & Naval Health Research Center	Effects on health of shift work and disruption of circadian rhythms
8	May 17	Students in BISP 170	Topics of final papers
9	May 24	No class meeting	
10	May 31	No class meeting	
	June 3	FINAL PAPER DUE BY FRIDAY AT 5 P.M.	

Assignments/Grading

Students will earn a letter grade (or a grade of P/NP) in the course based on the following scheme:

1. **Attendance (24%)** This course is scheduled to be held in-person. That is to say that the class sessions won't be recorded, and thus they won't be available after the session is over. Because the lectures will be given in real time, each student is expected to attend every class session. However, because we live in a real world, each student can have one absence without a penalty. More absences than that significantly erode the quality of the class and can, in addition, affect the final grade. **BE SURE TO SIGN THE ATTENDANCE SHEET AT EVERY CLASS!**

2. Readings and discussion questions (24%)

Each speaker will choose one or two papers from the primary research literature, and these papers are assigned reading to be completed **before** the next week's talk. **MOST of my course communication with you will take place via e-mail to your @ucsd.edu address, so please keep your e-mail box available and check it regularly.**)

To help prepare students for what they will hear each week, every student in the class should have read the assigned papers prior to the associated class session. **To facilitate the post-lecture discussion, each student will write and submit in advance TWO interesting questions that are based on the papers they read and that they would like to discuss with the speaker.** Questions should be sent to Dr. Kathy French (kfrench@ucsd.edu), and they will be due by 5:30 p.m. on the Monday, the day before the talk. *Please make the subject line on any email you send to me follow exactly this format:*

BISP 170 [your name, last name first]--the topic of your message

Example: If Susan Smith wrote to me, her subject line might look like this:

BISP 170 Smith, Susan-- 2nd week questions.

If you will miss a class, you still need to read the papers and submit two questions or you won't earn those points toward your final grade.

3. Final Paper (52%)

Near the end of the course, you will write a paper that elaborates briefly on **a topic that was introduced or covered by one of speakers during the course.** Your paper will be turned in electronically, and it should be in Microsoft Word (not in PDF or any other format). It must be properly formatted (more about that soon), AND it must cite at least ONE source that you found in the primary research literature. That is, you are welcome to cite the papers assigned for the class, but you must include at least one more source beyond the reading assignment for that topic. **This paper--and any others that are cited--must be from the peer-reviewed scientific literature (not from a website like WebMD).** **Format: 3 pages long, with 1-inch margins, written in 12-pt Times New Roman or 11-pt Arial, and double-spaced.** You'll get more information later in the quarter. **PAPERS ARE DUE AT MY COMPUTER BY 5 P.M. ON FRIDAY, JUNE 3.**

Learning Goals

We hope this course will:

- Foster your oral and written skills that will contribute to your successful scientific communication
- Promote your development as a scientifically trained individual who is also sensitive to the social, political, cultural, and ethical contexts of scientific research
- Inform you about what professionals working at or near UCSD are contributing to research that addresses the scientific, medical, and ethical challenges in current research
- Pique your interest in biomedical research!