

STUDENT

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English 20803

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Statements of Goals and Choices

The issue being researched is the feasibility of two different diets – carb cycling and whole30 – on a college campus, specifically TCU. The stakeholders are the students at TCU but also the cooks at Market Square in the Bluu. The issue's exigence is that as many people enter college, especially girls, they begin to have body image issues and a lot of girls at this age have eating disorders because of that. Being on a college campus with Division 1 athletes and many sororities, the stakes for how you should look are seemingly high.

I wanted to make an issue map that easily showed the foods that you can and cannot eat on the whole30 diet and the foods you can eat on high and low carb days for carb cycling. I also needed to tie this back to feasibility on TCU's campus so I made a 'grocery list' and put a check by the food if it could be found daily at Market Square. By seeing the check marks, I felt as though it was an easy indicator of whether the diet could be easily followed or not. I mentioned four different authors in the issue map (Langer, Whole30, Brissette, and Domonell) making sure that I had an even amount for each diet plan. For some of the lists, both of the sources for that diet were mentioned as the information either overlapped or I combined information from both. I did this to show how the sources I chose to use were linked to each other and to arguing the feasibility of these diets.

I chose to use lined paper for the 'grocery lists' as it was easy to line up the check marks and I felt like grocery lists are usually on a scrap piece of paper or notepad. I made the list

handwritten and wrote in pen since it would not smudge and as it is also what most people use for grocery lists for the same reason. I also chose to focus on what things could be found in Market Square since my audience is TCU students.

Other ideas I had were to plot graph the sources to show whether the diet would be easy to follow in college or not. But I wanted to be able to show more of why the diets would be feasible and not just whether they were or not. I also thought of doing a Venn Diagram between the two diets, but I felt as though there would be too much information in each circle and it would not be easy to follow. I think that this issue map is successful in showing what the diets have to offer. However, I am still not sure if I made it clear enough to an outsider since there were 3 different things I talked about on each list. I also feel as though I picked the correct means to show the information and used the right materials as previously described, however, since it is just handwritten on a piece of paper it could look like little it was a last-minute project. This could make the audience think the information is not credible despite the research and time put into it.

The collaborators in this project were the materials used and the internet to find the sources. To find the sources, I did a lot of cross referencing when finding the goals and rules of each diet. I also used the TCU Library's page to look for research on both diets. I used my knowledge of what I see in Market Square on a daily basis in order to check off the foods that I knew could be found daily. Also, I was limited to just lined paper as I thought that an actual grocery list notepad would be too small to show the information I needed to.