

STUDENT

Ms. Kelm

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Statements of Goals and Choices

The issue being researched is the feasibility of two different diets, carb cycling and whole30, and I will later look into this specifically on college campuses. The pros and cons of each diet and what can and cannot be eaten is also explored in this project. The stakeholders are people looking into a new diet, grocery stores selling these food items, and the authors of the articles. The issue's exigence is that there seems to be more and more people looking into getting healthier and wanting to lose weight or gain muscle. I think that a lot of this has to do with the increase of social media and seeing other people online, especially models that make people want to look like them. So, they do research on different diets to see how they can look better and feel healthier.

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 wanted to be able to clearly show the pros and cons of each and briefly describe the two so an outsider can get an understanding of the diet. My goal was to make the information pop and be something that you could really find in someone's home if they were researching these diets. I mentioned five different authors in the issue map (Langer, Whole30, Brissette, and Domonell, and Feldman) synthesizing the sources and showing how they overlap and relate to each other.

I chose to use what was made to look like 'bulletin board' and post-it notes to display the information in the articles because I felt like this would be a creative, colorful, and real-life way

that someone could be doing research about the diets. The post-it note colors were randomly picked out of the materials I had, and the marker colors were picked based on what would show up best on that color post-it. The My Goals post-it at the top was a bright yellow to grab the attention of the viewer as I feel like when looking into a new diet, your goals should be your main focus. Numbers were then added in the corners of each post-it note to represent which source the information came from and to easily show how the sources relate. The key for the sources is found in the middle of the board so that the audience can easily see that the information is credible and research has been done.

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. The idea that I used for my draft was a ‘grocery list’ of the foods that the diet called for and then put a check next to them if they could be found at Market Square at TCU. However, this narrowed in too much on TCU and not the diets and learning more about them in general. For this reason, I decided to broaden my focus and create a ‘bulletin board’ that had information on post-it notes as if someone was researching and taking quick notes on the diet. I found this approach to be best because I felt as though it was very realistic. When I am looking things up online and want to remember them and see them regularly so I don’t forget, I write it down on a colorful post-it and stick it to the bulletin board in front of my desk. On this ‘bulletin board’ I created, the post-its are all different colors to keep the audience engaged and catch their attention. The “My Goals” at the top shows what someone could be looking for in a diet and therefore will keep them focused as they research. The left side of the board is all

information about the carb cycling diet. The right side is all about the whole30 diet. I wrote down on other post-it notes the pros and cons of each as I felt this could be a good way to compare the two as an outsider. I also thought it was important to have the foods to look for and to avoid because then if needed, the person can just take the post-it off the bulletin board and bring it with them when they go food shopping as a guide.

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 was limited to the color of post-it notes that I had and the marker colors I had. I also could not go out and buy a mini bulletin board so I made a foam board look like one. Since it was only a foam board, I couldn't actually use tacks to put on the post-it notes so I just stuck them on.