

Body Image
WMST 3150
Spring 2010
Fretwell 114
Fridays
11-1:45 pm
Rosie Molinary, MFA
e-mail: rosiemolinary@gmail.com

This course will discuss body image through varying perspectives: advertising/ consumerism, eating disorders, cosmetic surgery, self-image, health versus beauty/attractiveness, biology versus culture, etc. All perspectives will be examined as they are projected across the intersection of sexism, racism, classism, ageism and sexuality.

Specifically, we will...

- articulate the meaning of body image in order to arrive at a more complex understanding of it
- explore and analyze the issues surrounding body image
- investigate how social constructs affect body image
- develop our ability as thinkers, creators, and interpreters of meaning
- apply the tools that might enhance body image to our development
- enhance our critical thinking skills

Office Hours: As a part-time lecturer, I am not regularly on campus. Do not hesitate to contact me via email if you would like to meet, and we will work something out.

Academic Integrity: Students have the responsibility to know and observe the requirements of The UNCC Code of Student Academic Integrity. This code forbids cheating, fabrication or falsification of information, multiple submissions of academic work, plagiarism, abuse of academic materials, and complicity in academic dishonesty. Any special requirements or permission regarding academic integrity in this course will be stated by the instructor, and are binding on the students. Academic evaluations in this course include a judgment that the student's work is free from academic dishonesty of any type; and grades in this course, therefore, should be and will be adversely affected by academic dishonesty. Students who violate the code can be expelled from UNCC. The normal penalty for a first offense is zero credit on the work involving dishonesty and further substantial reduction of the course grade. In almost all cases the course grade is reduced to an F. Copies of the code can be obtained from the Dean of Students Office. Students are expected to report cases of academic dishonesty to the course instructor.

Disability Services: Students with documented disabilities are eligible to receive assistance from the Office of Disability Services, located in Fretwell 230, 687-4355 (voice/TDD). If you have a disability that you believe qualifies you for academic accommodations, please provide a letter of accommodation from the Disability Services Office in the beginning of the semester. I am happy to speak with you privately about your needs.

Attendance:

Your physical and mental presence is required for every class. You should contribute to class discussion by asking relevant questions, making thoughtful comments, or sharing insights that add to the conversation. All viewpoints are welcomed and encouraged in

the classroom. This is an open classroom. All students will demonstrate the utmost in respect, consideration and common courtesy for fellow students and lecturer. THIS INCLUDES NOT SENDING OR READING TEXT MESSAGES DURING CLASS. All must be mindful not to silence others, dominate the conversation or communicate hostility toward opposing viewpoints and opinions.

This course weighs heavily upon class participation. Failure to contribute meaningfully to discussion will result in a reduced daily participation grade. Your comments are expected to demonstrate your reaction to the readings and incorporate overall themes.

Students will be allowed one excused absence. Excused means that I know about the reason for the absence, ideally beforehand. Any work due on the day of your absence should be turned in before that class so the grade will not be affected and any graded work you miss during class should be made up to avoid an adverse effect on your grade. Any absence outside of these parameters will not be excused and will negatively affect your grade.

Misconduct, tardiness, absences, and leaving early will be reflected in your participation grade.

Required Texts:

Edut, Ophira. **Body Outlaws: Rewriting the Rules of Beauty and Body Image.** Emeryville: Seal Press, 2003.

Martin, Courtney E. **Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body.** New York: Free Press, 2007.

Course Requirements & Grading:

Below is a list of course requirements and their value towards your final grade:

Assignments

1. Class Participation and Attendance (20%)

Our class will work only if we all commit ourselves to sustaining discussions, seeing the issues in new and unique ways, and being open to dialogue that is evolving and challenging to us.

Discussing and analyzing the issues surrounding body image is a continual process that involves refining thought, developing expression, and altering viewpoints, perspectives, and paradigms. I will evaluate your class participation based on your involvement and your presentations of learning through various classroom experiences (including your discussion leadership). Failure to contribute meaningfully to class discussion will result in a significantly reduced daily participation grade. Your comments are expected to demonstrate your reaction to the readings and incorporate overall course themes.

2. Discussion Leadership, Current Event Presentation, and Media Free Project (10%)

Each week, we will look at a different theme or issue and how it relates to body image. A group of students will lead discussion with questions they have individually prepared based on the readings due that week. Questions should reflect the more global issues in the readings.

We will also have 1-2 students present the class with information about a current news item that relates to body image and lead a brief presentation of learning and Q&A session about the issue.

Finally, students will observe a media-free week later in the semester to test how television programming and magazine imaging affects their world view. A response paper for this experiment will also factor into this average.

3. Reading Quizzes (10%)

You will have regularly scheduled reading quizzes, designed to keep you engaged in the literature for the class.

4. Body Image Autobiography (20%)

We all come to this class with the lens of our experiences around body image and beauty perception. To help us better interpret, experience, and study how body image is played out in our culture, we need to first understand some of our own paradigms. The body image autobiography allows you to explore the experiences, images, and perceptions that have informed the lens of your understanding.

5. Mid-term Exam (20%)

You will have a mid-term exam that will gauge your learning from class lectures, discussions, and readings up until that point.

6. Process Paper (20%)

The student's synthesis of the class experience will be relayed through the final process paper. Students will detail and evaluate their experience, both cognitively and personally.

Grading System:

All work produced by students will be evaluated in a timely fashion. Passing grades range from 100 to 60. Below is the grading scale.

A= 100 to 90

B= 89 to 80

C= 79 to 70

D= 69 to 60

F= below 60

Course Schedule:

| Date | Due | In Class Activities | Assignments for Next Week |
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| January 15 | | <p>What is Body Image? Course Introduction</p> <p>Discussion of Body Image</p> <p>Body Image Autobiography Assn</p> | <p>Read <u>The Beauty Myth</u>: Introduction and Chapter 1 (on reserve)</p> <p>Complete Body Image Autobiography</p> |
| January 22 | Body Image Autobiography | <p>Coming of Age & Body Image</p> | <p>Read <u>Perfect Girls, Starving Daughters</u>: Chapters 2, 3, & 4</p> |

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| | Assignment | Reading Quiz Explore topic Guest Speakers | |
| January 29 | Discussion leaders: Current Event Presenter: | Parents, Peers, and Body Image Reading Quiz Discuss Readings Explore Topic Current Event Discuss Autobiographies | Read <u>Body Outlaws</u> : <i>Beauty secrets, cro-magnon karma: one dude and his body image issues</i> |
| February 5 | Discussion Leaders: Current Event Presenter: | Media, Hollywood, and Body Image Discuss Readings Explore Topic Current Event Review Media Diet Assignment | Media Diet Assignment/ Paper |
| February 12 | Media Diet Paper Due Current Event Presenter: | Consumerism, Advertising, and Body Image Discuss Media Diet Project Explore Topic Current Event In Class Media Analysis | Read <u>Body Outlaws</u> : <i>my brown face, becoming la mujer,, my jewish nose</i> Read <u>Perfect Girls, Starving Daughters</u> : Chapter 6 |
| February 19 | Discussion Leaders: Current Event Presenter: | Culture, Ethnicity, Race, Class, Religion, and Body Image Reading Quiz Discuss Readings Explore Topic Current Event | Read <u>Perfect Girls, Starving Daughters</u> : Chapter 5 Read <u>Can't Buy My Love</u> : Chapter 12: <i>Two Ways a Woman Can Get Hurt</i> (ON RESERVE IN THE LIBRARY) |

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| | | Guest Speakers Panel | |
| February 26 | Discussion Leaders: Current Event Presenter: | Sexuality, Sexism, and Body Image Reading Quiz Discuss Readings Explore topic Current Event | Read <u>Perfect Girls, Starving Daughters</u> : Chapter 7 Read <u>Body Outlaws: appraising god's property, strip!, dancing toward redemption</u> |
| March 5 | Discussion Leaders: Current Event Presenter: | Continue Sexuality, Sexism, and Body Image Reading Quiz Discuss Readings Start <u>Absolutely Safe</u> | Read <u>Body Outlaws: Parisian peel</u> |
| March 19 | Current Event Presenter: | Cosmetic/ Plastic Surgery, the Beauty Industry, and Body Image Explore topic Finish <u>Absolutely Safe</u> and discuss Current Event | Read <u>Body Outlaws: breaking the model, shrink rap, and size queen</u> Read: <u>Perfect Girls, Starving Daughters</u> : Chapter 10 |
| March 26 | Discussion Leaders: Current Event Presenter: | Disordered Eating and Body Image Reading Quiz Discuss Readings Current Event Guest Speaker(s) or Film | Study for exam |
| April 9 | | Review Process Paper assignment Mid-term exam | Read <u>Body Outlaws: conquering the fear of a fat body, sizing myself up, and the elephant and the ice cream</u> Read <u>Perfect Girls, Starving Daughters</u> : Chapter 8 |
| April 16 | Discussion Leaders: | Size-Discrimination and Body Image Reading Quiz Discuss Readings | Read <u>Body Outlaws: all-american girls, at home in my body, inner visions, marked for life</u> Read <u>Perfect Girls, Starving</u> |

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| | Current Event Presenter: | Explore topic Current Event Guest Speakers | <u>Daughters</u> : Chapter 9 |
| April 23 | Discussion Leaders: Current Event Presenter: | The Body, Alterations to the Self, and Body Image Reading Quiz Discuss Readings Explore topic Current Event Guest Speakers | Complete Process Paper |
| April 30 | Process Papers due Current Event Presenter: | Body Image Solutions Explore Topic Current Event Class Evaluations | |
| May 7 | "FINAL EXAM" DAY | Process Papers Returned FINAL THOUGHTS | |

Extra Credit Opportunities:

Watch any film or attend one of these Women's Studies events and write a reaction piece. With each piece, you can earn up to five points towards a reading quiz or a class participation grade. Limit is three total extra credit assignments.

Events:

Pray the Devil Back to Hell: February 3 in Afterhours in the Cone University Center, 6:30.

"Listening to their Story": a panel focusing on how tragic victimization affects survivors' lives. April 20, 2010 at 6:30. Location TBD.

Vagina Monologues on 2/5 & 2/6 at 8:00 p.m. in McKnight.

Films:

America The Beautiful

Bigger, Stronger, Faster

Good Hair

Penelope

Thin

Real Women Have Curves