Reflective Essay: A Personal Inquiry
CRD 20: Food Systems, UC Davis, Fall 2012
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[T]he self is not a scrap of turf to be defended but a capacity to be enlarged.

The starting-point of critical elaboration is the consciousness of what one really is, and is “knowing thyself” as a product of the historical process to date, which has deposited in you an infinity of traces, without leaving an inventory ... [T]herefore it is imperative at the outset to compile such an inventory.

When we reflect upon our beliefs and the concepts we use, we often change them in the process: we notice and try to resolve inconsistencies and so we come to understand ourselves and the world in a new way or to discover new “levels” of meaning.
— Andrew Sayer, Method in Social Science (1992: 39)

Emotions and thoughts cannot ultimately be separated. Even the perception of a quality, like color, is held to carry within it an affective dimensions. Nor is there an idea of pure sensation without any accompanying cognitive event.
— The Dalai Lama, Ethics for the New Millennium (1999: 31)

A human being is a part of the whole, called by us “Universe,” a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest — a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.
— Albert Einstein, quoted in Eves (1977)

Assignment overview
This assignment requires you to write a reflective essay in which you reflect on the connections between (1) your fieldwork experiences in lab and your theoretical and conceptual knowledge developed in lecture, reading, and writing, and (2) your personal development, especially the ways in which you think, act, and feel were affected, and how they remained consistent, throughout the quarter, and why. By reflect, we mean focusing thought on past and current experiences and learning — from the start of the quarter until now — in such a way as to examine its usefulness and effects. Your reflection should be directed critically to scrutinize your own viewpoints, claims, arguments, and their premises, as well as those acting upon you. It should also delve into the realm of self-awareness by looking inward and analyzing yourself. Important note: the back of your Lab Manual contains a Reflective Essay Worksheet for recording experiences and their effects on you. We recommend using this during the course to document your development (changes in how you think, act, and feel) as it occurs. Your essay should be 5-6 pages (maximum of 1,500 words), double-spaced, and in a 12-point, serif font.

Deadline and lab time for making progress
• Lab 5 will have time for creating a free write draft of your essay.
• Lab 7 will have time for your TA and tutor to discuss expectations in more depth.
• Your final reflective essay is due on SmartSite no later than 11:55 p.m. on December 11 (1 day after the Final Exam session). It will NOT be accepted after this deadline.

Course grade
This assignment is worth 20% of your total course grade.

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1 This assignment was inspired by G. Lieblein, T.A. Breland, and N. Sriskandarajah’s “Analysis of a Farming System and Conversion Planning: Guidelines for the project work in Agroecology and Farming Systems (PAE302),” NOVA Agroecology M.Sc. Program, Norway, 2005. Adaptation done with Damian Parr, numerous CRD 20 TAs and tutors, and supported by a 2008 Undergraduate Instructional Improvement Program grant from the Center for Excellence in Teaching and Learning at UC Davis.
The overarching goals: (1) connecting fieldwork to concepts and theories, and (2) analyzing your personal development

Some important goals of the class are for you to (1) improve your ability to link the concrete situations and practical issues experienced in the field with conceptual and theoretical knowledge developed in lectures, discussions, readings, and your writing, and (2) to connect your intellectual development with the other parts of your being, including your values, emotions, and behaviors. The Reflective Essay is your opportunity to demonstrate these abilities through personally reflecting on your learning experiences and their impacts (see figure below on connections to make).

**Choose a rhetorical situation**

There are different ways to write your reflective essay — choose the one from the list below that you prefer. With all of these, we want you to approach the assignment with honesty and with the goal of reflection outlined in the overview above.

1. **A letter or series of blog entries to a family member or close friend**
   Write your reflective essay as a letter or a series of blog entries about your learning experiences in the class. Unlike in most scientific writing, you should liberally use “I” and “my,” as it is a personally reflective essay about your own learning process. Your level of explanation of your experiences should be sufficient for someone who has heard about the class in detail from you before. A variant on this is writing it as a personal journal, in which case the audience is yourself rather than a friend or family member.

2. **A narrative written about your learning experience from the third-person perspective**
   This rhetorical situation should be written as a short story about yourself, written from a narrator’s perspective (third person). If your name in Allison, sentences should be written such as, “Allison woke up the next morning and realized ... .” It should be a story that sets up a problem, contradiction, or paradox related to the learning process and presents a resolution of some kind.

3. **Recommendations to incoming CRD 20 students**
   Draw on your personal learning experience in the class to provide lessons and advise for incoming students to the class next fall. Your reflections can be structured in a way that
explains what you think worked well and what you should have improved now that you have gone through it. As with the first rhetorical situation, you should use “I” and “my,” but you can also use “you” and “yours” when addressing your reader. Note that these recommendations will not be shared with anyone but the professor and TA’s, although we may approach you after the class is over to use portions (with your permission, of course).

4. Create your own rhetorical situation
The rhetorical situation you come up with should be described at the start of your essay, but does not contribute to the word count. Please discuss with your TA two weeks in advance of the due date to let them know and get their advice.

Components of your Reflective Essay
First, briefly describe the food system
Make sure to briefly explain its structure and functioning (“what” the food system is) as you understand it now, using food systems concepts such as the sections of the food system (agri-inputs, production, processing, distribution, retail, consumption, and disposal/recycling); market segments such as organic, conventional, fair trade, local, etc.; and commodity chains, nature-society relationships, globalization, etc. Briefly relate your current understanding to “how” you studied it. This should be shorter than half a page.

Second, explain what you brought to your study of the food system
Using the “Background” column of your Reflective Essay Worksheet as data, explain the interests, previous experiences, apprehensions, preconceptions, biases, and/or theoretical lenses you brought to your study of the food system. Pay particular attention to your goals and values involved in your study of the food system (“why” you studied it). Goals are the desired result of an action, while values are one’s standards of personal and social behavior and the judgment of what is important. How did your background, and your goals and values, inform your research? This should be at most 1 page in length but can be integrated throughout your essay.

Third, reflect (by both diagraming and writing) on your personal experiences with your food system inquiries and what it means for how you think, feel, and act
You should put the majority of your effort towards reflecting on your learning and research process. This has two components: (1) your diagram of your experience in the course, including the identification of events, experiences, and lessons as they relate to your feelings, thoughts, and actions; and (2) your narrative that makes sense of your reflections. Use the “Lessons Learned” and “Personal Impacts” columns of your

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2 Structure here refers to the material and social arrangements that constrain and shape food production, distribution, and consumption. Material structure refers to the biological and physical components of ecosystems. Social structure includes roles that individuals fill, the relationships between different groups (including social differentiation along the lines of gender, race/ethnicity, class, sexuality, disability, etc.) and cultural and institutionalized norms that shape the actions of social agents.

3 Functioning refers to the ways in which people go about feeding themselves and others, and the ways in which various social units (households, companies, governments, non-governmental organizations) are involved in the food system. This involves individuals and social units (1) using and influencing material components (soil, fossil fuels, packaging, environmental consequences, food itself, etc.) and (2) assigning symbolic components (purposes, meanings, motivations, values, etc.) to their and others’ activities.
Reflective Essay Worksheet as data to help and guide you in these reflections.

One starting point is to consider who you are as a human being, and what about you changed (if anything) and/or was reinforced during your study of the food system, and why the changes and lack of change occurred. Relevant questions include: What have I learned in terms of my ability to understand and act on complex, real-life situations? Have I improved my abilities to link concrete situations and theory? How have my competencies around communication, cooperation, and learning been affected? How was your learning influenced by communication with food system actors (farmer, distributor, retailer, worker, etc.), the location itself, your classmates and team members, and your instructors? Can I better evaluate my reasoning as it progresses, and recognize where it is strong and where it is weak? What are the implications of my learning experiences in this class for my future activities? Have I developed my self-awareness, and, if so, what are its consequences? Also consider “next steps.” Will you look at food differently? Will you get involved with activities on campus? Will you change your diet? Will your actions and feelings remain the same as before the class? Why or why not?

In addition to considering these questions, you should keep your assignments from the class so that you can ponder the learning process facilitated by them and reference some of these experiences in your Reflective Essay. In addition to your Reflective Essay Worksheet, your Competency Self-Assessment and Learning Styles Activity can be useful practical starting points for reflecting on your personal learning.

This suggested approach to the reflective essay should be used as a starting point. It may be considered a guide to dealing with the challenge of the whole process of studying the food system with which we live, learn, and work daily. You should feel free to emphasize the areas you consider most important and to move in a direction that you find most meaningful and personally fulfilling, but do pay attention to the requirements of the rubric. As always, approach your TA, tutor, and/or professor to help clarify your understanding of our expectations.

List of assignments to consider in your reflections

Electronic files:
1. SmartSite Profile for Discovering Our Class Community
2. Food Diary
3. Two Midterm Exam Outlines (with or without comments)
4. Midterm Exam Essay
5. Off-Campus Team Project presentations
6. Two Final Exam Outlines (with or without comments)
7. Final Exam Essay

Hard copy:
1. Food System Mind Maps (beginning and end)
2. Competency Self-Assessment (with data from beginning, middle, and end)
3. On-Campus Team Project Report (from outline in Lab Manual)
4. Free write and draft of Reflective Essay
5. Lab Manual, especially the Reflective Essay Worksheet
### References


### Rubric: Reflective Essay

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Excellent (1 x pts)</th>
<th>Adequate (0.8 x pts)</th>
<th>Marginal (0.5 x pts)</th>
<th>No credit (0 x pts)</th>
<th>Score</th>
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<tr>
<td>WHAT, HOW, AND WHY OF FOOD SYSTEM INQUIRY (3 pts) — Expectations:</td>
<td>The essay is excellent in meeting each expectation.</td>
<td>The essay shows a good effort in meeting each expectation, or two are well developed while another is lacking.</td>
<td>The essay shows a marginal effort in meeting each expectation, or one is well developed while the others are lacking.</td>
<td>The essay does not use food systems terminology.</td>
<td>8 of 3</td>
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<tr>
<td>REFLECTION ON YOUR LEARNING AND RESEARCH PROCESS (8 pts) — Expectations:</td>
<td>The essay is excellent in meeting each expectation.</td>
<td>The essay shows a good effort in meeting each expectation, or two are well developed while another is lacking.</td>
<td>The essay shows a marginal effort in meeting each expectation, or one is well developed while the others are lacking.</td>
<td>No reflective thinking is present.</td>
<td>8 of 8</td>
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<td>DIAGRAM (5 pts) — Expectations:</td>
<td>Does (a) and (b) and meets all of the three numerical expectations.</td>
<td>Does (a) and (b) and two of the expectations are well met, or each are fairly well done.</td>
<td>Does (a) and (b) and one of the expectations are well met, or each are poorly met.</td>
<td>Does not include a diagram.</td>
<td>5 of 5</td>
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<td>ORGANIZATION (2 pts) — Expectations:</td>
<td>Each expectation is extremely well met and appropriate to the rhetorical situation.</td>
<td>Each expectation is fairly well met and appropriate to the rhetorical situation.</td>
<td>At least one of the expectations is adequately met and mostly appropriate to the rhetorical situation.</td>
<td>None of the expectations are adequately met.</td>
<td>2 of 2</td>
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<td>QUALITY AND MECHANICS OF WRITING (2 pts) — Expectations:</td>
<td>Meets expectations by showing no errors.</td>
<td>Mostly meets expectations by showing a few errors.</td>
<td>Mostly meets expectations by showing a moderate number of errors.</td>
<td>Does not meet expectations; shows many errors.</td>
<td>2 of 2</td>
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Total (of 20): ___