

## Sociology 90: Sociology Connect

Fall 2024

Thursdays

Section B00 / 3:00-4:50pm / SSB 101

Section A00 / 5:00-6:50pm / SSB 414

**Professor: Michel Estefan**

[mestefan@ucsd.edu](mailto:mestefan@ucsd.edu)

Office: 487 Social Sciences Building

**Mentoring Sessions via Zoom**

Wednesdays from 12-1pm

Sign up here:

<https://calendly.com/sociologyconnect/studenthours>

**TA: Erick Ramirez**

[err018@ucsd.edu](mailto:err018@ucsd.edu)

Fridays from 10am-12pm

Sign up here:

<https://calendly.com/err018/office-hours-erick>

### Welcome to Sociology Connect!

This isn't your typical class—it's an opportunity to enhance both your academic experience and your personal well-being! Sociology Connect has four main goals:

- 1) Cultivate the knowledge, skills, and habits for sustainable personal well-being.
- 2) Equip you with the knowledge and skills for achieving academic excellence.
- 3) Unpack the hidden curriculum of college education and help you navigate your educational career with more confidence.
- 4) Empower you to tap into campus resources to jump-start your career

As if this weren't enough, this course is unique in that a meal is served in every group session, and there's no homework, quizzes, or exams! Your success depends largely on your attendance and participation in our group meetings. I look forward to working with you!

## Course Requirements

This is a Pass/No Pass course. To pass, you must meet all four of the following requirements:

1. Attend all group meetings, no exceptions.
2. Sign up for one mentoring session with either Erick or me.
3. Promote CalFresh on campus.
4. Complete the Student Evaluation of Teaching (SET) for this course.

## CalFresh Solidarity Task

CalFresh is a California State program that provides people with monthly grocery benefits based on need. It's essentially a debit card the government gives you with money in it to purchase food. In 2022, a UCSD survey found that 42% of students experience food insecurity, with even higher rates among groups like Black and transfer students.

Your task is to promote CalFresh on campus. You can do this in multiple ways or come up with your own creative way to spread the word:

- Give a short presentation in one of your classes.
- Create a social media post or video directed at UCSD students.
- Talk one-on-one or in a small group with fellow students.
- Get creative and do anything else that helps spread the message!

At a minimum, your message should cover:

1. What CalFresh is.
2. That the Basic Needs Hub on campus can help students determine eligibility and assist with applying.
3. Emphasize that it's their right to access this program.

Once you've completed the task, upload a message to the assignment tab on Canvas describing how you promoted CalFresh and attach any materials you created. I've uploaded a slide to Canvas about the program that you're welcome to use or modify.

**Bonus:** If you take the extra step and help another student fill out their application, I'll personally treat you to a lunch or dinner of your choice at the end of the quarter!

## **COURSE SCHEDULE AND TOPICS**

### **Introduction to the Course**

**Thursday, September 26:** Introduction to the Course and Getting to Know Each Other

**Thursday, October 3:** Strategies for Academic Success: Reading, Writing, Taking Notes, and Studying

**Thursday, October 10:** The Hidden Curriculum: Cultivating Relationships with Professors

**Thursday, October 17:** Charting Your Intellectual Path: Campus Resources, Study Abroad, Internships, and Research Assistantships

**Thursday, October 24:** Charting Your Intellectual Path: Undergraduate Students Panel

**Thursday, October 31:** Graduate School: Becoming a Competitive Applicant, Applying, Surviving, and What Comes After

**Thursday, November 7:** Graduate School: Graduate Student Panel

**Thursday, November 14:** Getting a Job with a BA in Sociology (or most social science degrees)

**Thursday, November 21:** Getting a Job with a BA in Sociology (or most social science degrees)

**Thursday, November 28:** No class. Thanksgiving break.

**Thursday, December 5:** Farewell