

Daniel Kong

Professor Morales

CAT 125

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Individual Reflection

Monday

I thought Ella's claim was very interesting and very clear. She claimed that policy is the most important part for ocean conservation. Her sub-points seemed to be about why the ocean should be conserved, specifically in regard to industry, carbon dump, and tourism? I really like all of her sub-points because, for one, I am also very invested into ocean conservation. I love fishing, I love diving, I love everything about the ocean, and the issues she talked about are not nearly talked about enough. Her personal connection was about the blue crab population from her home in Maine, and that it is severely decreasing due to lack of ocean conservation policies. Her larger political argument was about how there are a lack of government policies and enforcement to conserve the ocean, and her "do" was that we need to vote and put those in power who will protect the oceans and their ecosystems.

Wednesday

Georgia's claim was that we need to help fix the lack of access to proper nutrition for female athletes. Her sub-points were that such a lack of proper nutrition leads to higher rates of eating disorders, bad fad diets, and negative body image concerns. I like this, being an athlete myself, and I had no idea of the weight of these consequences amongst female athletes, so her presentation as a whole was very eye-opening. This is similar to Georgia's personal connection. She is a female athlete herself, including at UCSD, and has had bad experiences with faulty nutrition such as injuries. Her political argument seemed to be that society's view on women has created such poor nutrition amongst female athletes to conform to this societal standard. Georgia gave us lots of do's to fix these problems, such as more funding to nutrition departments and to be wary about how we speak about ourselves and others too.

Friday

Rebecca claimed that the model minority leads to internalized racism amongst Asian Americans. Her sub-points that these aspects of internalized racism included inferiority complexes, poor mental health, and a lower likelihood to seek help. I liked this whole presentation, as every issue discussed is something I can relate to, and I was really glad someone talked about it. Her personal connection also was that she struggled with all of these issues herself because of the model minority myth. Her larger political argument was that society paints Asians with the golden brush and sets unrealistic expectations for Asian-Americans. Her do's were to talk to your friends and make sure they get the help they need.