

Personal Inquiry Project Over a Topic of Interest from *The Case Against Sugar*

The *Case Against Sugar* discusses a topic we all have a close connection with—sugar! Also, it deals with the many diseases which the author argues are triggered by our consumption (or over consumption) of sugar. For this project, you will pick some topic **generated from your reading of the book** which you want (or even need) to know more about. The more you have a personal “felt need” to know regarding this inquiry project the better. Learning more about this topic will benefit you in some way personally. This isn’t a project to support what you already know but to investigate and discover something you don’t already know.

For this project, you will pick your own research topic. Then you will research it both through library and web sources, and perhaps from field research where you talk to people or experts. The goal will be to find out or answer whatever it is you set for your “Research Question.”

This is not a large research project—you aren’t writing a Dissertation or Report for Congress. The research paper you will write will be a 4-6 page paper that uses a minimum of five research sources. Your final project will be accompanied by an Appendix in which you evaluate the sources you used and why you selected to use them.

Our Research Project will have the following phases:

1. WK2-7 Reading the Book—prospecting for possible topics
2. WK 7-8 Proposing Research Topics—deciding on a topic
3. WK 8-11 The Quiet Phase of Researching—thinking about and informally investigating
4. WK 11-12 Active Research—searching and gathering information, finding an answer to the research question
5. WK 13-14 Writing Up the Research Results—drafting our paper

Our Final Paper Will Have These Part

- I. Introduction
—set up personal connection to topic and research question
- II. The Story of Your Research Process
—describe what you did to research so we can gauge your research results and appreciate them
- III. The Results of Your Research
—here you will detail what you found out, the answer(s) you found out to your research question
- IV. My Thoughts on My Research Process and My Research Results
—what have you learned from this project about researching and about your topic of interest.

Essay Requirements:

The research paper will be 1000-1500 words and incorporate information from at least five research sources in addition to the Taubes book (= six total sources). You will likely still quote Taubes’ book. In addition to Taubes’ book, you must have one other book and one peer-reviewed academic article in your mix of sources.

The final draft will be presented in MLA Documentation format with a Works Cited page and an Appendix in which each of your sources is evaluated according to the 5Ws for Evaluating Sources Test.

Essay Outline

Part I: Introduction	1 paragraph
Part II: Story of Research Process	1 (maybe two) paragraph
Part III: Finding #1	1 paragraph
Finding #2	1 paragraph
Finding #3	1 paragraph
Finding #4	1 paragraph
Part IV: Reflection/Self-Evaluation of Research Process and Results	1 paragraph (maybe two)
Part V: Conclusion	1 (short) paragraph
Appendix: Authorizing Sources	(listed in alphabetic order)

ALL of this needs to fit within 4-6 pages (1000-1500 words). Please keep within this range!

NOTES for Developing the Essay

Special Help for Parts II and IV: Use the Language of Researching

In both Part II you describe your research process and then in Part IV self-evaluate it. As you do this description and evaluation of YOUR researching process, please try to use the language of research to talk about what you have done. NAME the activities you have done using this language.

What is this language of research, you ask???

--see the chapters 43-50 in SFH on Researching

--Also, skim these three guides on the research process and notice language it uses to describe and label the "steps" or "phases" or activities of researching: [site 1](#) | [site 2](#) | [site 3](#)

--Seek to be detailed in your description and evaluation.

Guidance on the Finding Section

Include information and evidence from your research—i.e. what you found out! How much of this information and evidence do you need??? Include two to four bits of information (two quotes at least) from at least two different sources in each Findings paragraph.

Guidance on the Appendix

--[What the Appendix should be and should look like](#)

--[5Ws Method of Evaluating Sources](#)

--similar example from [what an Annotated Bibliography looks like](#)

NOTE: You still need a Works Cited page! The Works Cited page will go BEFORE the Appendix (on its own separate page).

Signposting Your Way Through the Paper

Just as in Essay #3 where we talked about "signposting" our argument, you will want to create clear signals to your reader as you move from one main part of your paper to the next. These are transition sentences to start paragraphs that communicate to the reader what the next paragraph will be about and how it fits into the overall plan for your paper. --review the [guide on signposting arguments from E3](#)

Signpost as you shift to discuss your research process when you start Section II and IV

Definitely signpost as you shift to discuss your Findings and as you move from Finding to Finding:

--The first thing I discovered from research is that _____

--The second finding from my research is that _____

