

<b>Syllabus for [Anger Management]</b>	
<b>Semester &amp; Year</b>	SUMMER 2017
<b>Course ID and Section #</b>	WORK 230 E4168
<b>Instructor's Name</b>	Wendy Butler
<b>Day/Time</b>	Monday, Wednesday and Friday 6:30 p.m.-9:30 p.m.
<b>Location</b>	Humboldt County Correctional Facility, Eureka, Ca.
<b>Number of Credits/Units</b>	O.O
<b>Contact Information</b>	<i>Office location</i>
	<i>Office hours</i>
	<i>Phone number</i>
	<i>Email address</i>
<b>Textbook Information</b>	<i>Title &amp; Edition</i>
	<i>Author</i>
	<i>ISBN</i>
<b>Course Description</b>	
<p>A course in anger and the various forms of aggression in the work environment. This course addresses the differing types and definitions of forms of anger and how these are manifested in the workplace. Topics include looking at causes of anger and ways to deal with anger. Students will also explore methods for controlling and preventing workplace anger and violence.</p>	
<b>Student Learning Outcomes</b>	
<ol style="list-style-type: none"> <li>1. List a number of things that can be done to avoid or minimize problems of anger in the workplace.</li> <li>2. Describe warning signs that might indicate employees who are at high risk for aggression and/or violence.</li> <li>3. Create a plan for organizational management of anger in the workplace considering appropriate responses to anger in the workplace, prevention programs, and guidelines for reducing threats of violence.</li> </ol>	
<b>Special Accommodations</b>	
<p>College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact <a href="#">Disabled Students Programs and Services</a>. Students may make requests for alternative media by contacting DSPS at 707-476-4280.</p>	
<b>Academic Support</b>	
<p>Academic support is available at <a href="#">Counseling and Advising</a> and includes academic advising and educational planning, <a href="#">Academic Support Center</a> for tutoring and proctored tests, and <a href="#">Extended Opportunity Programs &amp; Services</a>, for eligible students, with advising, assistance, tutoring, and more.</p>	
2017X-WORK230-E4168-Butler	

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### **Academic Honesty**

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at:

[www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProcedure\\_srev1.pdf](http://www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProcedure_srev1.pdf) Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods website.

### **Disruptive Classroom Behavior**

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process a disruptive student may be temporarily removed from class. In addition, he or she may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at:

[www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProcedure\\_srev1.pdf](http://www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProcedure_srev1.pdf)

Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods website.

### **Emergency Procedures for Humboldt County Correctional Facility**

Roving Officers will escort all visitors out of the building, using the appropriate evacuation routes. The Roving Officers will verify the visitor's identification prior to letting them out of the facility. The inmates are returned to their appropriate housing unit and then relocated by correctional staff if the need is determined by the incident commander.

2017X-WORK230-E4168-Butler

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### Course Content:

This WORK 230 course will include topical reading assignments, writing and class discussions about the concept of “anger” as it is manifested in professional and personal environments. We will think critically about the presence and function of anger, its signs, categories, and triggers. We will assess personal human dynamics that contribute to anger on the job. We will identify ways to cope with and, ultimately, reduce and alleviate anger in and out of the workplace.

Your participation is highly encouraged. Questions are always welcome.

### Course Materials:

The instructor will provide all materials.

### Course Completion:

You will receive credit for every 10 hours of class you attend, which includes nine hours of attendance plus one hour of homework. A grade of “satisfactory” will be awarded for successful completion of the course.

### Class Schedule:

**Week 1:** Establish student and instructor goals. Explore the concept of “anger” and its relationship to personal and professional life. Teacher-led subject reading and writing activities.

**Week 2:** Analyze past experiences and how the concepts of “self-esteem,” “stress,” “ambition,” and “success” are related to “anger.” Introduction to and practice with coping skills and other tools. Teacher-led subject reading and writing activities.

(Please note: This syllabus is tentative and subject to change. I reserve the right to make changes. If I do make changes, new information will be supplied to you in writing.)

*College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.*

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