

Syllabus for WORK 230 – Anger Management for the Workplace

Course Information

Semester & Year: Summer 2026

Course ID & Section #: WORK 230, C3111

Instructor's name: Deva Richards

Day/Time of class meetings: Fridays, 12:30-2:30; June 05-July 17

Location: Room 606, Humboldt County Correctional Facility, Eureka, CA

Course units: Zero (0); this is a non-credit course.

Instructor Contact Information

Office location: Adult and Community Education, 525 D St., Eureka

Office hours: by appointment; email your instructor to schedule

Phone number: Office of Adult and Community Education, (707) 476-4500

Email address: deva-richards@redwoods.edu

Communication notes: Please let the instructor know of any questions or concerns you have about the course. You can speak with me after class, write me a note, or email me.

Catalog Description

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.

Course Student Learning Outcomes

1. List a number of things that can be done to avoid or minimize problems of anger in the workplace.
2. Describe warning signs that might indicate employees who are at high risk for aggression and/or violence.
3. Create a plan for self-advocacy in approaching organizational management in the workplace, considering appropriate responses to anger in the workplace, reporting, safety measures, and follow-up procedures for reducing the threats of violence.

Prerequisites

none

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD

- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Student Accessibility Support Services (SASS). If you are unsure whether you qualify, please contact SASS for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers:

Eureka campus

- Phone: 707-476-4280
- Location: Student Services Building, first floor, at 7351 Tompkins Hill Rd.

Del Norte campus

- Phone: 707-465-2324
- Location: Main Building, next to the library

Klamath-Trinity campus

- Phone: 707-476-4280

Additional Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

In addition, Adult Education students (that's you) have their very own academic advisor, Jonathon (Jonny) Maiullo. He works in the office of Adult and Community Education, which is temporarily located inside the Welcome Center in the Student Services building on CR's main campus. If you want to meet with Jonny, call the office at (707) 476-4500 or submit an Inmate Request Form to Programs to schedule an appointment.

Evaluation & Grading Policy

In this non-credit class, letter grades won't be given. Participating students will earn an "S" for "Satisfactory".

Summer 2026 Important Dates

- **June 01, classes begin**
- **June 18, no classes; Juneteenth, observed**
- **July 02, no classes; Independence Day, observed**
- **July 23, classes end**

Academic Dishonesty

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. 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 Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to the following: 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, that student may be temporarily removed from class. In addition, the student 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.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Student Support Services

The following **online resources** are available to support your success as a student:

- CR-Online (Comprehensive information for online students)
- Library Articles & Databases
- Canvas help and tutorials
- Online Student Handbook

Counseling helps students in need of professional counseling services such as academic advising and mental health counseling. Email counseling@redwoods.edu or call (707) 476-4150 for an academic advising appointment. The phone number to text regarding mental health counseling is (707) 496-2856, and to leave a voicemail call (707) 237-2318.

The **Basic Needs Center** provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. Submit a request for services and information. Basic Needs Center contact info:

- Phone: 707-476-4153
- Email: basic-needs@redwoods.edu

The **Learning Resource Center**, inside the library on CR's main campus, includes the following resources for students:

- Academic Support Center for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- Library Services to promote information literacy and provide organized information resources.
- Multicultural Education Center
- Student Tech Help Desk to help with technology issues

Special programs are also available for eligible students, including:

- **Extended Opportunity Programs & Services (EOPS)** provides services to eligible income-disadvantaged students, including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- The **TRiO Student Success Program** provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in Eureka or in Del Norte.
- The **Veteran's Resource Center** supports and facilitates academic success for Active-Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.