Course Information

Fall Semester 2023
Guidance 207 Section E: 6605
Rob Ridenhour:
Tuesday and Thursdays from 12:55 – 2:20 P.M.
333 6th Street Suite B Eureka:
(707) 834-3319
rob-ridenhour@redwoods.edu
This course is noncredit

Instructor Contact Information

Office hours: If you have questions call me or email me and we can make arrangements.

Catalog Description

A course designed for students with developmental or learning disabilities. Students will learn to promote independence by learning everyday-living skills in such areas as nutrition, personal development, mental health, safety and career preparation.

Course Student Learning Outcomes *(from course outline of record)*

1. Describe the basic steps in getting a job.
2. Describe two ways of being safe at or in the community.
3. Identify two community resources and explain what they have to offer.

Prerequisites/co-requisites/ recommended preparation

There are no prerequisites for this class.

Educational Accessibility & Support

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or Disability Services and Programs for Students (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

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.

Evaluation & Grading Policy

There will be no grading in this class!

Admissions deadlines & enrollment policies

Fall 2023 Dates
- *Class begins: 8/21/23*
- *Labor Day Holiday (all campuses closed): 09/04/23*
- *Veteran's Day (all campuses closed): 11/10/23*
- *Fall Break (no classes): 11/21/23 – 11/24/23*
- *Semester ends: 12/15/23*

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: 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, 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. 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.

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.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact Admissions & Records to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the Student Information Update form.

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.
Log into Canvas at https://redwoods.instructure.com
Password is your 8 digit birth date
For tech help, email its@redwoods.edu or call 707-476-4160
Canvas Help for students: https://www.redwoods.edu/online/Help-Student
Canvas online orientation workshop: https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges Health & Wellness website.

Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

Emergency Procedures for the Eureka Downtown campus:

In the event of an emergency call 911.

- Be aware of all marked exit from this building.
- Once outside, move to the parking lot opposite the fire station outside this building:
- Keep streets and walkways clear for emergency vehicles and personnel.
- Do not leave unless it has been deemed safe by the Incident Commander or campus authorities.

    CR email address ends with "redwoods.edu." Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

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 offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center 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 & Diversity Center

Special programs are also available for eligible students include

- 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.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821.

RAVE – College of the Redwoods has implemented an emergency alert system on the main campus. In the event of an emergency on campus you can receive an alert through your personal email and/or phones at your home, office, and cell. Registration is necessary in order to receive emergency alerts. Please go to https://www.GetRave.com/login/Redwoods and use the "Register" button on the top right portion of the registration page to create an account. During the registration process you can elect to add additional information, such as office phone, home phone, cell phone, and personal email. Please use your CR email address as your primary Registration Email. Your CR email address ends with "redwoods.edu." Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

In the event of an emergency call 911.

(CR's main campus lower parking lot and Tompkins Hill Rd are within the Tsunami Zone.)

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.

GUIDANCE 207 CLASS SYLLABUS:

SECTION # E 6605

Welcome Students to Guidance 207 E 6605 Fall Life/Career Preparation Skills for Students with Disabilities. In this course students will learn to become and stay independent by learning the everyday-living skills necessary in such areas as nutrition, personal development, mental health, safety and career preparation.

Learning Outcomes

In this course students will learn to stay safe, maintain good mental and physical health, and use community resources for their needs and to perhaps find a job. In this class we will use videos, lectures, example documents, the internet, games, question and answer sessions with guest speakers, and puzzles to explore the challenges of living independently.

Course Calendar

Date	TOPIC	
08/22/2023	What does it mean to be independent? Can you be somewhat dependent? There are	*In-Class Activities will include lectures,*

	Decisions, Freedoms, Responsibilities, what you need to know, and consequences when you make a mistake!	*discussion, informal assessment, and hands on lab*
08/24/2023	Food, Drink; What your body needs	*activities.*
08/29/2023	How to go grocery shopping	
08/31/2023	Food Safety with the refrigerator and the stove	
09/05/2023	*Kitchen* Safety	
09/07/2023	Preparing food and following a recipe	
09/12/2023	What cleaners to use, not to use, and how to use them	
09/14/2023	Keeping your house neat and germ free	
09/19/2023	Taking care of your medical issues	
09/21/2023	Bathroom Safety and Safety around the house	
09/26/2023	Fire Safety	
09/28/2023	Fire person comes	
10/03/2023	Taking care of your body	
10/05/2023	Talking to a doctor and asking questions	
10/10/2023	Nurse comes	
10/12/2023	Using public transportation	
10/17/2023	Safety about town	
10/19/2023	Your Circle of Support	
10/24/2023	Who to ask for help, when, who, and how	
10/26/2023	Exercising safety and importance	
10/31/2023	Taking care of your clothes	
11/02/2023	Taking Care of your mouth	
11/07/2023	How to deal with money, banks, and help with bills	
11/09/2023	Protecting your money	
11/13/2023	How to get and keep a job	
11/15/2023	Having fun with friends	
11/21/2023	**Holiday; Thanksgiving Week**	
11/23/2023	**Holiday; Thanksgiving Week**	
11/28/2023	Managing your time and making a schedule	
11/30/2023	Protecting your identity	
12/05/2023	Solving problems when things go wrong	
12/07/2023	A rainy-day fund	
12/12/2023	How to recognize danger and what to do about it	

| 12/14/2023 | How to deal with Holidays | |

Identifying Issues

Students will discuss and practice how to use a computer from logging in to more complex tasks including shortcuts and using technology to save or share information. Students will also discuss how generalized skills impact everyday-living skills. Students will discuss issues faced by individuals not skilled in computer use or other technology and problem solve solutions.

Activities

Students will participate in class discussions, structured game play, as well as role play activities, and paper assignments. Students may participate in independent work.

Course Requirements (Grading)

This is a non-credit course. Students will be assessed through observation and completed work to ensure student progress.

Instructor reserves the right to add, delete, or change activities or assignments based on ongoing assessment, attendance, and student needs.

Fall 2023