

Course Information

Semester & Year: Spring 2024

Course ID PE 15-D6268, CRN 056268

Instructor's name: Carrie Slack

Course units: 1

Dates & Times: Sunday, April 7th 9:00 a.m.–5:00 p.m. **and** Saturday April 13th 9:00 a.m.–5:00 p.m.
and Sunday, April 14th 9:00-4:00

Class Location: To be announced

Instructor Contact Information

Office hours: by appointment on phone or Zoom

Phone number: (707) 296-0111

Email address: Carrie-Slack@redwoods.edu

Catalog Description

Self-defense is anything that a person does to survive an abusive or dangerous situation. It is choosing for oneself, according to one's values and abilities how one will react. Through the textbook, and class discussion/lecture, awareness and prevention ideas will be explored. Through physical demonstration, practice and instructor feedback, physical self-defense techniques will be taught.

Course Student Learning Outcomes

1. Prove in Chapter Summaries sufficient understanding of the societal problem of interpersonal violence and sexual assault. Show in journal entry ability to identify common misconceptions related to violence.
2. Show in Chapter Summaries the ability to differentiate between aggressive, passive and assertive communication.
3. Demonstrate effective avoidance, deterrence and escape maneuvers in class.
4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques in class.

Prerequisites/co-requisites/ recommended preparation: None**Evaluation & Grading Policy**

Required Text: Get Empowered: A Practical Guide to Thrive, Heal, and Embrace Your Confidence in a Sexist World by Nadia Telsey & Lauren R. Taylor It is for sale through the CR Bookstore/Marketplace, online.

Assessment tool/Assignments:

1. Chapter Summary & Reflection
2. Avoidance, deterrence and escape maneuvers demonstration in class
3. Verbal, psychological, and physical self-defense techniques demonstration in class

Grading:

Attendance/Participation/Skill demonstration	60 points
Chapter summary/reflection	40 points
Total points possible	100

EXPECTATIONS/REQUIREMENTS:

Attendance and respectful participation are a part of your learning experience and your ultimate grade. Students who miss more than two hours of class will not receive credit.

Students will choose four chapters in the text in which to focus. For each of the four chosen chapters, the student will provide a written content summary and personal reflection. A minimum of one typewritten page per chapter is required. **The Chapter Summaries are due Sunday, April 28th at 11 pm on Canvas.** I cannot accept late papers.

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.

Admissions deadlines & enrollment policies**SPRING SEMESTER 2024**

Classes begin	Jan 13
Census Day	Jan 29
No classes (Spring Break)	Mar 11 – 16
Final exams	May 4 – 10
Classes end	May 10
Commencement	May 11 & 12

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 / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

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