CR COLLEGE OF THE REDWOODS

Syllabus for Empowerment Self Defense

Course Information

Semester & Year: Spring 2026
Course ID & Section #:PE 15-E1099, CRN 061099
Instructor's name: Carrie Slack
Location: PE 100K
Course units: 1

Instructor Contact Information

Office hours: by appointment
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 chapter summaries 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 final assessment segment of class.

4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques in final assessment segment of class.

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, through local bookstores and 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/reflections	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 will not receive credit.***

To earn full credit, students will write about **4 chapters** from the book. Everyone is required to write about the "Welcome" and chapter 1 (counts as 1 chapter). Students choose the remaining 3 chapters on which to focus. For each of the chapters, the student will provide a written content summary and personal reflection. A minimum of one typewritten double-spaced page/approximately 250 words per chapter is required. **The first 2 Chapter Summaries are due Friday, February 20th, at 11 pm on Canvas. The last 2 Chapter Summaries are due Friday, February 27th, at 11 pm on Canvas.**

Prerequisites/corequisites/ recommended preparation: None

SPRING SEMESTER 2026

All-College Holiday .... Jan 1
Flex Days .... Jan 15 & 16
Classes Begin .... Jan 17
All-College Holiday (Martin Luther King, Jr.'s Birthday) .... Jan 19
Census Day .... Feb 2
Census Roster Due Date .... Feb 9
Flex Goals for Associate Faculty Due ....Feb 6
All-College Holiday (Lincoln's Birthday) .... Feb 13
All-College Holiday (President's Day) .... Feb 16
No Classes (Spring Break) .... Mar 16 - 20
All-College Holiday (Cesar Chavez Day) .... Mar 31
Flex Forms Due for Full Time Faculty .... Apr 17
Flex Activities Due for Associate Faculty .... Apr 17
Final Exams .... May 9 - 15
Classes End .... May 15
Commencement .... May 15 & 16
Grades Due .... May 22
All-College Holiday (Memorial Day) .... May 25

Accessibility

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.

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://webapps.redwoods.edu/tutorial/
Canvas online orientation workshop: Canvas Student Orientation Course (instructure.com)

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