Course Information

Semester & Year: Fall 2022

Course ID V3829, CRN 053829

This course is asynchronous, meaning that we will not be meeting together at the same time. It begins Monday, October 17th , and ends Saturday, December 16th.

Instructor's name: Carrie Slack

Course units: 1

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 a recording of physical demonstration, physical self-defense techniques will be taught.

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

- 1. Through Content Summary assignments and discussion board interactions, students will prove a sufficient understanding of societal problem of interpersonal violence and sexual assault. Show in Content Summaries and discussion board interactions, ability to identify common misconceptions related to violence.
- 2. Through Content Summary assignments and discussion board interactions, students will differentiate between aggressive, passive and assertive communication.
- 3. Demonstrate effective avoidance, deterrence and escape maneuvers through online group discussions.
- 4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques through Content Summary and optional video recordings.

Prerequisites/co-requisites/ recommended preparation

None

Evaluation & Grading Policy

Required Text: The Womanly Art of Self-Care, Intuition and Choice by Debbie Leung

It is for sale through the CR Bookstore/Marketplace, online and on reserve at the Learning Center.

Content Response Posts & Responses to student posts: 80 points

Assessment tool/Assignments:

Respectful participation in the online group discussions are a part of your learning experience and your ultimate grade.

Content Summary/Reflection Posts & Online Discussion Participation

For each of the 8 weeks of this course, students will read/watch the week's assigned content and then post a half page summary of the main points of the content *and* a half page personal reflection on the same content by the Thursday 11 pm of that week. You will then read other students' posts and respond to two of them by that Sunday at 11 pm. *Late assignments lose 5 points/day.*

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

Fall 2022 Dates

· Classes begin: 8/20/22

· Last day to add a class: 8/26/22

· Last day to drop without a W and receive a refund: 9/02/22

· Labor Day Holiday (all campuses closed): 09/05/22

· Census date: 9/06/22 or 20% into class duration

· Last day to petition to file P/NP option: 09/16/22

· Last day to petition to graduate or apply for certificate: 10/27/22

· Last day for student-initiated W (no refund): 10/28/22

· Last day for faculty-initiated W (no refund): 10/28/22

· Veteran's Day (all campuses closed): 11/11/22

· Fall Break (no classes): 11/21/22 – 11/25/22

· Thanksgiving Holiday (all campuses closed): 11/23/22 – 11/25/22

· Final examinations: 12/10/22 – 12/16/22

· Semester ends: 12/16/22

· Grades available for transcript release: approximately 01/06/23

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 / 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