



Syllabus for Empowerment Self Defense

Course Information

Semester & Year: Spring 2025

Course ID & Section #: PE 15-E8923, CRN 058923

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.**

Students will choose four chapters from the book 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 (approximately 250 words per chapter) is required. **The first 2 Chapter Summaries are due Friday, February 28th, at 11 pm on Canvas. The last 2 Chapter Summaries are due Friday Friday, March 7th, at 11 pm on Canvas.** I cannot accept late work.

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.

Admissions deadlines & enrollment policies

SPRING SEMESTER 2025

Classes begin	Jan 18
All-college Holiday (Martin Luther King, Jr.'s Birthday)	Jan 20
All-college Holiday (Lincoln's Birthday)	Feb 14
All-college Holiday (President's Day)	Feb 17
No classes (Spring Break)	Mar 17-22
All-college Holiday (Cesar Chavez Day)	Mar 31
Final exams	May 10-16
Classes end	May 16
Commencement	May 16 & 17

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.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Public Safety Page](#).

1. 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.).
2. If safe to do so, notify key administrators, departments, and personnel.
3. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

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