

Course Information

Semester & Year: FALL 2025

Course ID & Section #: WORK 230-E0758

Instructor's name: Wendy Butler

Days-Times: August 26-December 16; Tuesdays, 7-9 p.m.

Location: Humboldt County Correctional Facility, Eureka.

Number of units: 0.0 This is a noncredit course.

Prerequisites: none

Instructor Contact and Required Materials

The instructor will provide all the course materials.

Catalog Description

A course in anger and the various forms of aggression in the work environment. This course addresses the differing types and definitions of forms of anger and how these are manifested in the workplace. Topics include looking at causes of anger and ways to deal with anger. Students will also explore methods for controlling and preventing workplace anger and violence.

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

1. List a number of things that can be done to avoid or minimize problems of anger in the workplace.
2. Describe warning signs that might indicate employees who are at high risk for aggression and/or violence.
3. Create a plan for self-advocacy in approaching organizational management in the workplace, considering appropriate responses to anger in the workplace, reporting, safety measures, and follow up procedures for reducing the threats of violence.

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to: Mental health conditions such as depression, anxiety, PTSD, bipolar disorder •Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases •Temporary impairments such as a broken bone, recovery from significant surgery or a pregnancy-related disability •Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury or ADHD •Vision, hearing or mobility challenges Available services include extended test time, quiet testing environments, academic assistance and tutoring through the LiGHT Center, counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, put in a request to **HCCF Programs** to contact Student Accessibility Support Services (SASS) for a consultation.

Class Routine & Feedback

I will assign and we will discuss and do writing assignments utilizing a variety of texts, worksheets and videos. We will explore through reading, role-playing and writing prompts the ways self-advocacy can lessen or eliminate adverse circumstances. Students will create strategies for dealing with anger in and out of the workplace.