

Spring 2026

College of the Redwoods Stress Management



Course Information

Semester & Year: Spring 2026

Course ID & Section #number: WORK 221 E1348, E1397, E1398

Instructor's name: Mark Goldhawk, LMFT, CAMC

Day/Time of required meetings: Mondays 3:30-5:00PM 1/26-3/2, 3/9-4/13, 4/20-5/11

Location: Eureka Downtown Classroom 102

Course units: None (noncredit)



Instructor Contact Information

Office location: No specific office at Downtown Campus

Office hours: By appointment

Email address: mark-goldhawk@redwoods.edu



Catalog Description

A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, and the benefits of stress management. Various stress management techniques will be covered.



Course Student Learning Outcomes

- Describe stress and its impact on the workplace.
- Identify and examine one's own sources of stress, both internal and external.
- Apply various stress management techniques as needed.



Course Calendar

Meeting/session	Agenda
#1	Syllabus and introduction to stress
#2	
#3	
#4	



Evaluation & Grading Policy

Students will be deemed to be making satisfactory progress by attending class and participating in the work. As this is a non-credit course a grade of "S" or satisfactory will be listed on your CR transcript shortly after the end of the semester.



Prerequisites / Co-requisites / Recommended Preparation

None




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, or 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 conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#) 

(<https://www.redwoods.edu/services/sass/light.php>), counseling and advising, alternate formats of course materials (e.g. audio books or 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, please contact [Student Accessibility Support Services \(SASS\)](#) 

 [//www.redwoods.edu/services/sass/index.php](https://www.redwoods.edu/services/sass/index.php).

If you are unsure whether you qualify, please contact SASS for a consultation:

SASS@redwoods.edu (<mailto:SASS@redwoods.edu>).



SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280





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.



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. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2024-2025 College Catalog](https://redwoods.elumenapp.com/catalog/2024-2025/home)  (<https://redwoods.elumenapp.com/catalog/2024-2025/home>) and [CR Board and Administrative Policies](https://go.boarddocs.com/ca/redwoods/Board.nsf/Public?open&id=policies)  (<https://go.boarddocs.com/ca/redwoods/Board.nsf/Public?open&id=policies>).

