

### Basic Course Information

<b>Semester:</b>	Fall 2015	<b>Instructor Name:</b>	Aruna Patel
<b>Course Title &amp; #:</b>	ADS 177 ANGER MANAGEMANT	<b>Email:</b>	<a href="mailto:aruna.patel@imperial.edu">Mailto: aruna.patel@imperial.edu</a>
<b>CRN #:</b>	10538	<b>Office #:</b>	302
<b>Classroom:</b>	810	<b>Office Hours:</b>	By Appointment Only
<b>Class Dates:</b>	September 23 <sup>rd</sup> – October 21 <sup>st</sup>	<b>Office Phone #:</b>	760-355-6579
<b>Class Days:</b>	Wednesday	<b>Emergency Contact:</b>	760-355-6144
<b>Class Times:</b>	6:30-9:50pm	<b>Units:</b>	1

### Course Description

An introduction to the theories and interventions for the management of anger and violence. This one unit class includes intimate abuse and child abuse with special emphasis on brief intervention and emotive behavioral therapies. (CSU)

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

Identify communication style and reframe communication. (ILO1, ILO2, ILO3)

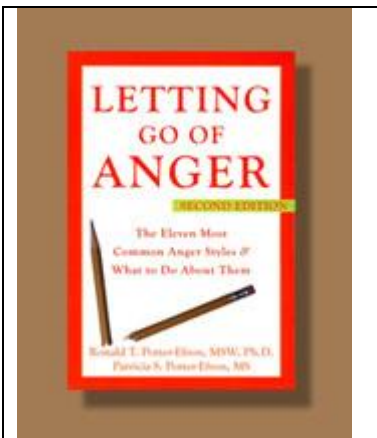
### Course Objectives

#### **MEASURABLE COURSE OBJECTIVES AND MINIMUM STANDARDS FOR GRADE OF "C":**

Upon satisfactory completion of the course, students will be able to:

1. Identify behavioral patterns of individual exhibiting uncontrollable anger and compulsive violence.
2. Understand appropriate applications of therapeutic interventions and behavior modifications

**TextB00ks & other  
Resources or Links**

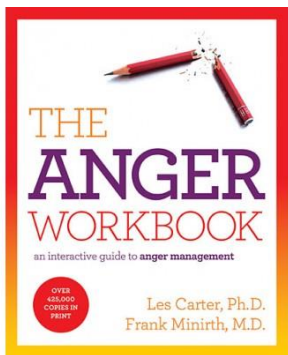


*Letting Go of Anger (2nd/e).*

Potter-Efron (2006).

New Harbinger Publishers.

ISBN: 9781572244481



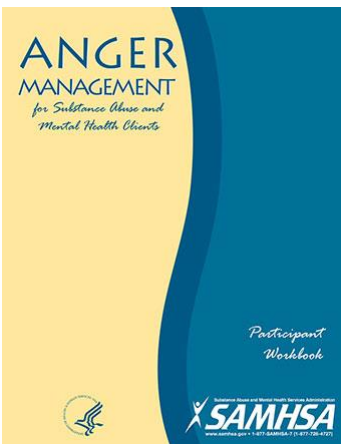
The Anger Workbook

An interactive guide to Anger Management

Les Carter, Ph.D

Frank Minirth, M.D.

ICBN: 978-1-4016-75431



Anger Management For Substance Abuse And Mental Health Clients

HHS Publications No.(SMS) 08-4210

**Course Requirements and Instructional Methods**

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Out-of-class:

Students will utilize a workbook entitled "Anger Management for Substance Abuse and Mental Health Clients." Every week the students will be assigned two sessions from the workbook to complete the written assignments. Each week they will monitor their anger on an anger meter based on 1-10 with 10 being explosive. They will then work on their anger level.

Reading and Writing:

Reading assignments include text readings; current articles and/or sources from the internet. Students will use the text in groups of 2-3 to identify the 11 most common anger styles and then prepare written papers regarding those anger styles. Students then have to give suggestions in writing about how to handle or do about the anger using the information they have read in the textbook. Students will research and write thought papers on subjects including domestic violence, anger, child abuse, emotional abuse and what is behind anger.

**Course Grading Based on Course Objectives**

The course is graded on the following grade point scale:

Assignment	Points	Percent toward grade
Thought Paper	20	10%
Homework 1. Packet 1.	20	10%
Homework 2. Packet 2.	20	10%
Homework 3. Packet 3.	20	10%
Homework 4. Packer 4.	20	10%
Final Exam	50	25%
Attendance	10	5%
Group work	40	20%
Total	200	100%

A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.

- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

## Classroom Etiquette

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

## Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

## Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

## Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the

## Imperial Valley College Course Syllabus – ADS 178: Life Skills

[Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

### Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **[Student Health Center](#)**. A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

### Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

### Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

### Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Assignment/Homework
Week 1 Sep. 23rd	Syllabus & Introduction Introduction to 11 different Angers	Assigned package 1
Week2 Sept 30 <sup>th</sup>	Lecture & Group Work	Assigned Package 2
Week 3 Oct. 7 <sup>th</sup>	Lecture & Group Work	Assigned Package 3
Week 4 Oct 14 <sup>th</sup>	Lecture & Group Work <b>Guest Speaker</b>	Assigned Package 4
Week 5 Oct 21st	Lecture & Group Work. <b>Finals</b>	Last day of class

\*\*\*Tentative, subject to change without prior notice\*\*\*