

Imperial Valley College Course Syllabus – ADS 177: Anger Management

Basic Course Information

Semester	Fall 2014	Instructor Name	Aruna Patel
Course Title & #	ADS 177: Anger Management	Email	aruna.patel@imperial.edu
CRN #	10661	Classroom	Room 810
Class Dates	09/24/14 – 10/22/14	Instructor Office	Room 302
Class Days	Wednesdays	Office Hours	By Appointment
Class Times	06:30pm-09:50pm	Office Phone #	760-355-6579
Units	1 unit	Emergency contact	760-355-6144

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 symptoms, consequences, and appropriate resources for anger and behavior patterns.

Course Objectives

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.

Textbooks & Other Resources or Links

Required Text: Letting Go of Anger (2nd Ed.) (2006).
Authors: Ronald Potter-Efron and Patricia Potter-Efron.
ISBN: 978-1572244481

For Reference:

1. The Anger Workbook by Les Carter, Ph.D. & Frank Minirth, M.D.
2. Anger Management for Substance Abuse and Mental Health Clients

Download: Participant workbook available at [Substance Abuse and Mental Health Services Administration](#).

Course Requirements and Instructional Methods

During the course, students are required to complete four work activities packets, a thought paper, and a final exam. In addition, students must attend all class sessions and participate in group work.

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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.

Course Grading Based on Course Objectives

Grading Criteria: The breakdown of this course is on a grade point scale:

Assignments	Points	Percent toward grade
Thought Paper	80	40%
Final	20	10%
Attendance/Group Work	20	10%
Work Activities (4 packets)	80	40%

Attendance

- 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.
- **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

- **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 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 School 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 Help – Discretionary Section and Language

- [Blackboard Support Center](#)
- [Learning Services](#): There are several labs on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the [Math Lab](#); [Reading, Writing & Language Labs](#); and [Study Skills Center](#) (library). Please speak to the instructor about labs unique to your specific program.
- [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 [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, 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. We now also have a fulltime mental health counselor. The [IVC Student Health Center](#) is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and due process. For further 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. Students can access [Information Literacy Tutorials](#) for more information.

Anticipated Course Schedule / Calendar

ADS 177: Anger Management: Tentative Course Schedule for the Course*

Date	Topic & Activities
9/24/14	<ul style="list-style-type: none">• Introduction to class• Course Description and Syllabus Review• Define Anger/ Identify 11 different Angers• Homework Package # 1
10/01/14	<ul style="list-style-type: none">• Domestic Violence/ Child Abuse/ Elderly Abuse• Group work• Homework Package # 2
10/08/14	<ul style="list-style-type: none">• Movie “Provoked”• Anger Management Criteria• Homework Package # 3
10/15/14	<ul style="list-style-type: none">• Anger Management techniques and referrals in the community.• Homework Package # 4.• Reminder to attend Domestic Violence March in Downtown El Centro at the Courthouse.
10/22/14	<ul style="list-style-type: none">• Final Exam• Thought Paper due

***NOTE: Course Schedule is subject to change at the discretion of the instructor.**