



COUN 482.01W
INTRODUCTION TO
ANGER MANAGEMENT

May Mini 2022

May 16, 2022 – June 2, 2022

INSTRUCTOR INFORMATION

Instructor: Dr. LaVelle Hendricks - Professor

Office Location: Binnion 217

Office Hours: Monday 9-2, Tuesday 9-2, Thursday 9-2

Office Phone: 903-886-5632

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University Email Address: Lavelle.Hendricks@tamuc.edu

Preferred Form of Communication: E-mail

Communication Response Time: 9am-2pm

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

This course is organized as a seminar, students examine various aspects of anger management and characteristics of individuals with anger issues. In addition, students will study models/theories of anger management and learn skills/techniques associated with anger management.

NO BOOK REQUIRED

Course Description

This course is an elective for under graduate students. As an elective, it is open to students in any major, with consent of instructor. It is particularly valuable to students planning to enter the

The syllabus/schedule are subject to change.

fields of psychology, counseling, social work, criminal justice, and education in general. The course is designed to acquaint students with models/theories of anger management. The overall focus will be upon the application of these theories to insure student persistence and success.

Student Objectives

- Increased ability to communicate, meditate, and resolve interpersonal problems
- Increased affect regulation and appropriate emotional expression
- Cognitive restructuring that promotes healthy affect regulation, decision making, problem-solving skills, and behavioral change
- Effective self-monitoring, defusing, and de-escalation techniques
- Decreased impulsivity and behavioral acting out
- Increased capacity for conflict resolution
- Increased inhibition of aggression
- Increased frustration tolerance
- Enhanced coping skills

(Week 1) Introduction to Anger Management

(Week 1) Theories/models related to anger management

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(Week 2) Anger Management techniques to promote and enhance student learning

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(Week 2) Student issues with anger

(Week 3) Comprehensive Final Exam

COURSE REQUIREMENTS

1. Complete all required and supplemental readings appropriate to class needs and personal interests; be prepared to discuss in class.
2. Complete all class assignments within specified time frames

Minimal Technical Skills Needed

Using Microsoft Word, PowerPoint, and E-Mail

Instructional Methods

The course will be delivered through D2L Lecture notes.

Student Responsibilities or Tips for Success in the Course

Students are expected to regularly log into the course website. The amount of weekly study and participation time expected is one hour and a half each week.

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GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assessments

There are TWO exams.

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

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- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site http://www.java.com/en/download/manual.jsp](http://www.java.com/en/download/manual.jsp)
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader https://get.adobe.com/reader/](https://get.adobe.com/reader/)
 - [Adobe Flash Player \(version 17 or later\) https://get.adobe.com/flashplayer/](https://get.adobe.com/flashplayer/)
 - [Adobe Shockwave Player https://get.adobe.com/shockwave/](https://get.adobe.com/shockwave/)
 - [Apple Quick Time http://www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

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ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Interaction with Instructor Statement

Professor will respond via E-Mail or phone in a timely manner.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Student is expected to log in to D2L in a timely manner each week.

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Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

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ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE / CALENDAR

Your course grade will be determined on the basis of your performance in each of the following areas:

1. Anger Management Coping Technique- 10% each—Write at least one page pertaining to a coping mechanism for anger management. At least one source is required. (Double spaced, 12 pt font, Times New Roman) **(Due May 20 & May 25)**
2. Anger Management Testimonial Response- 10% each-- Find a YouTube Video of anger management. This could be a Ted Talk of how one overcame their anger or how someone's anger resulted in negative effects in their life. It can pertain to anything as long as Anger Management is the main idea. Write a one page summary of the video. Times New Roman, 12 pt font, Double Spaced. **(Due May 22, May 28, May 31)**
3. Exams 25% each -- There will be TWO exams covering the text and the code of ethics. Examinations may consist of multiple choice, matching, or short answer. **(Due: May 18 and June 1)**

****ALL PAPERS MUST FOLLOW THE MOST CURRENT APA FORMAT AND BE SUBMITTED AS A MICROSOFT WORD DOCUMENT OR PDF DOCUMENT.**

*******A FIFTEEN (15) POINT DEDUCTION WILL OCCUR IF AN ASSIGNMENT IS SUBMITTED WITHIN 24 HOURS FOLLOWING THE SET DEADLINE. 24 HOURS AFTER THE DEADLINE, LATE WORK WILL NOT BE ACCEPTED, RESULTING IN A 0*******

Any form of plagiarism is NOT tolerated. Plagiarism is not just the copying of someone else's work word for word. If you fail to successfully paraphrase, your paper WILL be flagged for plagiarism. Assignments with a plagiarism percentage of 13% or higher will receive a 0 on the assignment.

Example of plagiarism:

"The sky was blue, and ocean went on for miles."

"The sky was a shade of blue, and the ocean continued for miles." (This sentence will flag for plagiarism because of the similarity)

"Blue was a fitting color to describe the sky, and the water remained forever." (This is an example of successful rewording)

Please note: Since this is an online class, I understand that many of you complete your work in the evening and nighttime. All emails will be answered Monday-Friday between 8 am and 5 pm. If you email me on a Saturday, please anticipate a response on the following Monday morning. Thank you for your understanding.

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