

## Course Syllabus

<b>Course:</b>	<b>EDZU 9072 Dealing with Anger Issues in Our Schools</b>
<b>Credit Hours:</b>	3.0 credits / 45 hours
<b>Instructor:</b>	Carol Bottstein

### Course Description

Anger is an unavoidable emotion. If not channeled appropriately anger will affect perceptions, problem solving skills, conflict resolution, self-management ability and impulse control. Anger can lead to volatile, violent behavior in our schools. Anger must be dealt with. It is imperative to be aware of the causes of anger, anger triggers, proactive strategies and resources, as well as limit setting, negotiating tips and more.

This is a crucial and “must take” course for all educators. There is no argument that our goal is to create and maintain a safe educational environment for all.

### Course Goals

#### To Know

1. What anger is
2. Causes of anger
3. Anger triggers.

#### To Understand

1. How anger interferes with problem solving and conflict resolution
2. The effects of anger on self-management skills
3. How anger affects impulse control.

#### and To Be Able To

1. Respond to and prevent anger triggers
2. Assess the danger and implement safe and effective de-escalation and management strategies
3. Utilize proactive resources and techniques to create a safe educational environment.

## Course Outline

- I. Understanding the Anger Process
  - a. What is anger?
  - b. Causes of anger
  - c. Anger and the brain
  - d. Understanding Triggers
  - e. Childhood, early adolescence, teen anger
  - f. Gender differences
- II. Personalities and Anger/How Anger Affects the Classroom
  - a. Exploring personality types
  - b. Identifying anger styles
  - c. Communication approaches
  - d. Hidden anger in the classroom
  - e. Strategies for Educators
- III. The elements of communication
  - a. Active and reflective listening
  - b. Nonverbal communication
  - c. Body language and personal space
  - d. Para-verbal communication
  - e. Barriers to effective communication/defensive behavior management
  - f. Dodging the power struggle trap
  - g. Strategies for defiant, emotionally unpredictable and hostile students
- IV. Assessing the Danger
  - a. Identifying high risk children
  - b. Calming the agitated student, when to take threats seriously
  - c. Negotiating tips, setting limits
  - d. Anger overload
  - e. When situations turn violent/use of restraint and seclusion
  - f. De-escalation strategies
- V. School Prevention/Anger Management Tools
  - a. Early identification and intervention
  - b. Medication
  - c. General class and school wide strategies
  - d. Printable resources

## Methods of Instruction

This course will explore the anger process: from causes and triggers to its impact on problem solving, conflict resolution, self management skills and impulse control. It will provide an understanding of proactive strategies, assessing a dangerous situation, de-escalation techniques including limit setting and negotiating tips, in addition to effective anger management resources, tools and strategies. Many printable resources are provided. Assignments allow for reflection and opportunity to apply the strategies and techniques directly to the educational setting.

*Students will connect with each other throughout the course within forums and various other types of online feedback options built into each class.*

### **Methods of Assessment**

For an A, students will be required to complete all written and reading assignments, participation in all forums and polls, in addition to submitting two final papers: one demonstrating accumulated knowledge of the anger process, from causes and triggers to responding and deescalating; and one addressing an instructor provided case study.

For a B, students will be required to complete all reading and written assignments, participation in all forums and polls, in addition to submitting one of the two papers required for an A.

*Instructors are online each day of the course and correspond with students through the course itself, feedback on assignments, e-mail, and by phone.*

### **Time Validation**

<b>Dealing with Anger Issues-Assignment</b>	<b>Time (in hours)</b>
Students will participate in a forum of introductions and experiences	0.15
Students will explore common anger misperceptions, recognizing and dealing with anger	3.00
Students will view media on what's behind an angry student	0.15
Students will investigate, learn and report on the nature of anger, how it manifests in the brain, causes and triggers	3.00
Students will view media, research, then compare and contrast childhood anger, young adolescent anger, teen anger and gender differences	4.00
Students will explore and then submit a case study incorporating personality types, anger styles, communication approaches and anger expression	3.00
Students will research and report on the social and academic implications of anger in students	2.00
Students will participate in a forum on educators and personal anger in the school environment	0.15
Students will read and react to articles on hidden anger and responding to anger in the classroom	1.30
Students will view media and investigate active and reflective listening	1.00
Students will demonstrate their knowledge of active and reflective listening by responding to prepared student statements	1.00
Students will participate in a forum on educators' body language and personal space	0.15
Students will learn about and comment on body language and proxemics and how they relate to classroom management	1.30
Students will explore paraverbal communication, communication barriers and defensive behavior management	1.30
Students will research and report on the causes of and steps to dodge a power struggle	2.00

Students will investigate and discuss classroom interventions for defiant, emotionally challenged and hostile students	2.00
Students will participate in a forum on anger and violence in children	0.15
Students will view media and report on anger, violence and risk factors	1.30
Students will read and respond to an article discussing extreme security measures and safety precautions in schools	1.30
Students will learn negotiating tips, calming techniques, limit setting, laws regarding restraint and seclusion, and share deescalation strategies	3.00
Students will research and demonstrate knowledge of diagnostic treatment and issues concerning anger overload	2.00
Students will read about early identification, medication options and report on both long and short term effects of general classroom and school wide anger management programs	3.00
Students will create a fact sheet/poster on anger awareness	0.30
Students will review and critique numerous printable worksheets/resources and discuss which are most applicable to their position and why	3.00
Students will analyze and discuss interventions of each step of an instructor provided study of a crisis situation from pre crisis to post crisis, including detailed key elements of each topic discussed in this course	5.30
Students will participate in a final open discussion forum	0.15
<b>Total Time</b>	<b>45.00</b>