

# Glendale College

## Course Outline of Record Report

Course ID 000247  
Cyclical Review - May 2025

### PARED103 : Anger Management and Discipline

#### General Information

Author:	<ul style="list-style-type: none"> <li>Barbara Flynn</li> <li>Perner, Kimberli</li> <li>Dilucchio, Jane</li> </ul>
Course Code (CB01) :	PARED103
Course Title (CB02) :	Anger Management and Discipline
Department:	PARED
Proposal Start:	Winter 2026
TOP Code (CB03) :	(1305.60) Parenting and Family Education
CIP Code:	(19.0707) Family and Community Services.
SAM Code (CB09) :	D - Possibly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000657800
Curriculum Committee Approval Date:	05/28/2025
Board of Trustees Approval Date:	07/08/2025
Last Cyclical Review Date:	05/28/2025
Course Description and Course Note:	PARED 103 prepares students to be more effective caregivers through learning to manage their own anger and developing behavior management strategies. Lecture 12-16 hours. Note: This class is for adults only. This course is Pass/ No Pass only.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"> <li>Noncredit</li> </ul>
Mode of Delivery:	<ul style="list-style-type: none"> <li>In-Person</li> <li>Remote</li> <li>Hybrid</li> </ul>
Author:	<ul style="list-style-type: none"> <li>Barbara Flynn</li> <li>Perner, Kimberli</li> </ul>
Course Family:	No value

#### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> <li>Parent Education: Non-Credit</li> </ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

### Last Course Offering

**When was this course last offered (term and year)?**

Spring 2025

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Pass / No-Pass Only

**Course Support Course Status (CB26)**

Course is not a support course

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Not transferable

**Transferability Status**

Not transferable

### Units and Hours

#### Summary

**Minimum Credit Units (CB07)** 0

**Maximum Credit Units (CB06)** 0

**Total Course In-Class (Contact) Hours** 12 - 16

**Total Course Out-of-Class Hours** 0 - 0

**Total Student Learning Hours** 12 - 16

#### Credit / Non-Credit Options

**Course Type (CB04)**

Non-Credit

**Noncredit Course Category (CB22)**

Parenting.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Non-Enhanced Funding.

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	12 - 16	0
Laboratory Hours	0	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	12 - 16
Laboratory	0
Studio	0
<b>Total</b>	12 - 16
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

### Time Commitment Notes for Students

Students should expect to spend two hours per week engaging with the course materials and live sessions. Additional out of class hours completing observations and journals will be encouraged.

### Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

### Entry Standards

Entry Standards	Description
No value	No value

### Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

### Requisite Validation

**Upload Statistical Validation and/or other documents (if necessary)**

No Value

### Specifications

**Methods of Instruction**

Methods of Instruction                      Lecture

Methods of Instruction                      Discussion

Methods of Instruction                      Guest Speakers

Methods of Instruction                      Independent Study

Methods of Instruction                      Multimedia

**Out of Class Assignments**

- Recording in anger management journals.
- Complete readings (e.g. instructor generated handouts).

**Methods of Evaluation**

**Rationale**

Activity (answering journal prompt, group activity)                      Participation in group discussions

Activity (answering journal prompt, group activity)                      Role play participation

Activity (answering journal prompt, group activity)                      Completing worksheets

**Textbook Rationale**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials (i.e. OER, handouts)**

**Description** A variety of multimedia resources including videos, educational and government websites, apps  
**Author** No value  
**Citation** No value  
**Online Resource(s)** No value

**Description** Instructor generated materials designed to enhance student learning of course content.  
**Author** No value  
**Citation** No value  
**Online Resource(s)** No value

**Description** Duplicated articles from books and periodicals with copyright permissions.  
**Author** No value  
**Citation** No value  
**Online Resource(s)** No value

**Learning Outcomes**

**Course Objectives**

Identify situations which provoke personal anger.

Distinguish between appropriate and inappropriate expressions of anger.

Distinguish between "punishment" and "discipline."

Identify community resources and support networks.

Identify appropriate responses to expressions of anger in children.

Identify techniques for guiding appropriate expressions of anger in children.

Examine without bias cultural differences and influences on childcare practices.

Examine cultural influences on expression of anger.

**SLOs**

**Describe age-specific behavior management techniques.** Expected Outcome Performance: 70.0

*ILOs*      Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.  
 Core ILOs

*PARED*      Examine and apply principles of effective parenting and child development within their own families.  
 Core  
 PLOs

**Apply techniques for anger management for both parent and child.** Expected Outcome Performance: 70.0

*ILOs*      Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.  
 Core  
 ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*PARED*      Examine and apply principles of effective parenting and child development within their own families.  
 Core  
 PLOs

**Additional SLO Information**

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Introduction to Anger Management: (1 hour)

- Definition of anger
  - Examine cultural beliefs about the definition of anger
- Function of anger
- Safety issues
- Establishment of classroom trust and respect agreement
- Definition of management
- Discussion of goals and concerns

#### Anger inventory (1 hour)

- Identification of situations likely to provoke anger
- Identification of frequency of anger felt
- Identification of signs of rising anger levels
- Parental concerns

#### Expressions of anger (1 hour)

- Identification of how children show anger
- Identification of how parents show anger
- Differentiation between appropriate and inappropriate expressions of anger
- Role-play modeling of alternative and appropriate expressions of anger
- Varying cultural beliefs around the expression of anger
- Multicultural differences within the home regarding the expression of anger

#### Introduction to Tracking Anger Management (1 hour)

- Using an anger management journal
- Distinguishing between anger felt and anger expressed
- Recording parental reaction
- Recording outcomes resulting from parental actions

#### Anger Intensifiers (1 hour)

- Definition of "trigger thoughts" (intrusive anger intensifying thoughts)
- Categories of anger "trigger thoughts"
- Magnification
- Assumed intent
- Labeling
- Identify personal "trigger thoughts"
- Negating "trigger thoughts"
- Identifying situations that intensify anger levels

#### Coping Strategies (1 hour)

- Definition of "coping thoughts"
- Identification of personal "coping thoughts"
- Exploration of effects of coping thoughts on anger levels
- Tracking effects of coping thoughts on angry behavior

#### Alternative Explanations for Anger Provoking Behavior (1 hour)

- Exploration of how alternative explanations for anger provoking situations can lower anger levels
- Identification of alternative explanations for anger provoking behavior for children and adults

#### Stress Management (1-2 hours)

- Identification of effects of stress on adults, children, and family
- Physical
- Emotional
- Social
- Intellectual
- Financial
- Identification of personal stressors

- Exploration of stress management techniques
- Breathing techniques
- Visualization
- Meditation exercise using a journal
- Taking time to cool down

#### **Communication techniques (1 hour)**

- Active listening
- "I-statements"
- Acknowledgement of feelings

#### **Introduction to discipline (1 hour)**

- Definition of discipline versus punishment
- Discussion of legal definition of child abuse
- Discussion of age-appropriate behavior management
- Cultural differences in beliefs about behavior management

#### **Discipline techniques (1-4 hours)**

- Corporal punishment pitfalls
- Alternatives
- Identification of situation specific techniques
- Logical consequences
- Definition and differentiation among logical, natural, and illogical consequences
- Practice designing logical consequences for specific discipline situations
- Definition of "timeout"
- Use of timeout as a coping mechanism (time to calm down or redirect behavior)
- Effects of isolation on children

#### **Identification of community resources (1 hour)**

- Developing a network of support
- Mental health professionals

**Total Hours: 12-16**

### **Additional Information**

#### **Repeatability**

Repeatable

#### **Justification (if repeatable was chosen above)**

Non-credit courses

#### **Is it possible this course will have a material fee?**

No

#### **I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):**

No

#### **What term(s) will this course be offered?**

Fall/Winter/Spring/Summer

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value