

Humanities 1301 Introduction to the Humanities I HUMA-1301- HUMA-1301-001I1 Fall 2025 (1st 8-week) /Online Only

Instructor Information: M. Espinosa Outlook email: mespinosa5@com.edu

Please give the extension to your class when emailing. HUMA-1301-<u>001IN/1</u> Must use COM email. All emails other than college email addresses are sent to spam and deleted without reading the email. All emails should be sent to COM Outlook email address.

Email responses are Monday- Friday early mornings except holidays or school closing. If you have questions, please contact me by Thursday night at the latest.

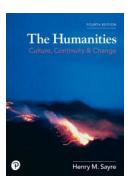
Online only. Read announcements at least twice a week for updates.

Student Office Hours: Monday 7 AM to 8 AM online

<u>Required Textbook:</u> The Humanities: Culture, Continuity and Change. Volume
One, Fourth Edition., Editor Henry Sayre. Upper Saddle River: Pearson Prentice Hall,

2019. <u>You are responsible for the material in the 4th edition.</u> Please contact the bookstore to rent your textbook.

YOU CAN RENT YOUR COPY



College of the Mainland Bookstore: 409.933.8239.

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online. Internet access is required for online quizzes, online assignment submissions, and discussion boards. A computer (and not a phone) is required for completing assignments and exams. If your computer or Internet service is not working, proceed to a COM campus to use their computers to complete assignments and exams.

Course Description:

This stand-alone course is an interdisciplinary survey of cultures focusing on the philosophical and aesthetic factors in human values with an emphasis on the historical development of the individual and society and the need to create.

Course requirements:

Exams, quizzes, discussions, Philosophy Paper and Oral Presentation along with three other assignments related to paper and presentation. All activities are submitted through D2L (Brightspace only).

No emailed assignments or late work are accepted.

You have ample opportunity to complete assignments and exams. <u>Late work or emailed assignment are NOT accepted.</u>

Assessments for Class:

<u>Personal Responsibility: Personal Philosophy Paper and Oral Presentation along with connect assignments</u>

Please research one of the *ancient philosophies* discussed in your textbook and how it relates to your life now. See assignment instructions under 'Assignment Instructions.' Write a two-page paper and with a third page for Works Cited. You must include in your Work Cited page referencing your *textbook and https://libguides.com.edu/philosophy* as your sources.

If you do not understand how to use academic sources for your paper, contact the COM librarian. https://libquides.com.edu/

Oral Presentation approximately 5-7 minutes long. Submit your work before the due date (PR), (CT)(CS1)(CS2)(CS3)

If you are having difficulty with your computer or Internet, find somewhere else to complete the assignment. Try College of the Mainland for computer and Internet usage.

All activities are submitted through D2L (Brightspace only). Please ask any questions long before the assignment is due. See syllabus schedule for due date.

No emailed assignments or late work are accepted.

*See complete instructions under the 'Assignment Instructions' section of the course.

Assignments related to Philosophy Paper and Oral Presentation

- Topic for your Philosophy and Oral Presentation. No late work or emailed assignments.
- Sources Cited. No late work or emailed assignments.
- Tutor: Proper MLA format. No late work or emailed assignments.

AND

Quizzes

Quizzes are offered later in the semester so you can focus on your semester paper and oral presentation. Once a quiz closes, it is not reopened.

You will have 6 quizzes this semester.

All quizzes are due by Sunday, by 11:59 pm (CT) during that weekly module. No late work or emailed assignments accepted.

If you are having difficulty with your computer or Internet, find somewhere else to complete the assignment. Try College of the Mainland for computer and Internet usage.

AND

Exams

Three (3) exams.

The exams will consist of short answer, essay, and identification.

The final exam may be comprehensive.

Exams are not timed but must be completed during the weekly module presented.

Exams may be essay or multiple choice and short answer on D2L (Brightspace). (CT)

If you are having difficulty with your computer or Internet, find somewhere else to complete the assignment. Try College of the Mainland for computer and Internet usage.

All activities are submitted through D2L (Brightspace only).

AND

Discussions

A large part of the learning process is done in collaboration with others- discussing the

readings, brainstorming ideas about them, and listening to others. In this class, these activities are imperative to successful completion of the course. Our online discussions will be a part of the important part of the classroom experience. Most weeks you will join a discussion on D2L (Brightspace)'s Discussion board. You are asked to respond to a question (or questions), or topic(s) posted. The idea is to start or join a discussion on the week's topics. <u>Since all discussions are open on day one, you may work ahead on discussions</u>, however, once they are closed, they are not reopened. Assignments are graded after they are closed.

You will have 6 discussions this semester.

All discussions are due by Sunday, by 11:59 pm (CT) during that weekly module.

No late work or emailed assignments accepted.

If you are having difficulty with your computer or Internet, find somewhere else to complete the assignment. Try College of the Mainland for computer and Internet usage.

Replies to Postings

Your responses must be more than "I agree with you." If you want full credit for your response, your reply must have some substance. If you agree with a posting, why do you agree? If you disagree, why? A full detailed response for everyone to read. When you respond to others, observe the rules of Netiquette-we don't have the advantage of body language and tone of voice to moderate our words. Since our replies can happen at the click of a button and cannot be retracted, be polite even as you disagree with someone.

Do NOT leave your assignment in the comment section for discussions, doing so results in a zero (0).

Be aware of your audience and purpose (remember English 1301?) (SR) Discussion postings and replies are due by Sunday, by11:59 pm of the specific module they are presented.

Discussions that do not meet the guidelines earn a zero (0) for the entire discussion. Remember the entire class and professor can read your comments.

Discussion Rubric

Discussions are worth 10 points each based on the rubric in seen below:

Objective Criteria Overall points	Exceeds Expectations (10 points)	Meets Expectations (6 points)	Acceptable (3 points)	Needs Improve ment (1 point)	Minimal Respon se (0 points)	

Content	Meets Expectati ons plus, exceptio nal posting with example s. Over 150 words.	Thoughtful and insightful; subject given appropriat e depth; with some examples. 150- 125 words. 3 points	Some de pth; no example s; less than 124-100 words.	Superficial discussion less than 100 words.	Discu ssed at Surfa ce level; Need s more depth ; Less than 75 word s	0 poi nts
Grammar/ Mechanics/S pelling	No major errors in gramm ar and spelling and very clear commu nication .	1-2 minor errors in grammar or mechanics; direct and clear communication . Use of lower case 'I' for personal pronoun use. Incorrect capitalization and/or spelling. Or proper names. 1 point	Several errors in grammar and mechanics; not always direct and clear communicat ion. Difficult to understand meaning. 0 points	0 points	0 points	0 point s
Replies	Two replies with more than agreement and compliments. Replies gives some explanation and/or commentary. Using both responders'	Two replies; names not used in both responses. Replies only with agreement and compliments. No full detailed response.	Minimal replies; Replied to only one classmate; Did not use responders' name in reply.	No replies. 0 points	0 points	0 point s

names. A fully detailed response.	2 points		
4 points.			

Replies to Postings

Use the person's name you are replying to in your response.

Your responses must be more than "I agree with you, great job, great organization, I like how you responded to the question." These do not count for any points. If you want full credit for your response, your reply must have some substance. If you agree with a posting, why do you agree? If you disagree, why? Fully explain yourself.

When you respond to others, observe the rules of Netiquette-we don't have the advantage of body language and tone of voice to moderate our words. Since our replies can happen at the click of a button and cannot be retracted, be polite even as you disagree with someone.

Do NOT leave your assignment in the comment section for discussions, doing so results in a zero (0).

Be aware of your audience and purpose (remember English 1301?) (SR)

Discussion postings and replies are due by Sunday, by 11:59 pm

Determination of Course Grade/Detailed Grading Formula (methods of evaluation to be employed to include a variety of means to evaluate student performance): Understand the grading system, see below.

Philosophy Paper and Oral Presentation	210 points
Associated assignments connected to	150 points
Paper and Presentation: Topic Selected	
Assignment. Sources Cited Assignment.	
Tutor Edit Assignment (50 points each)	
Group Discussions (10 points each)	60 points
Exams (3) Exam I: 176 points, Exam II: 174	525 points
points, Exam III: 170 points	·
Quizzes (10 points each)	60 points
Total Points	1000 points

Grading Scale

900–1000	Α	Exceptionally fine work; superior in presentation, visual observation,
		comprehension and participation
800–899	В	Above average work; superior in one or two areas
700–799	С	Average work; good, unexceptional participation
600–699	D	Below average work; noticeably weak with minimal participation

Below 600	Clearly deficient in presentation, style, and content with a lack o participation. "F" for the student who attended class regularly bu was unable to earn a passing grade.	
FN	The FN grade is issued in cases of failure due to a lack of attendance as determined by the instructor. The FN grade may be issued for case in which the student ceases or fails to attend class, submit assignme for participate in required capacities, and for which the student has fail to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.	ses nts,

Final grades are given in points and not percentages.

Late work, make-ups, and extra credit policy: No late work is accepted in this class. Make-ups for First and Second Exams are available with a dated, verified note for an emergency. A substitute written, timed, (80-minutes) essay exam for these first two exams only. All paperwork listed above must be presented before a 1-week deadline after exam closing date. All above required data must be submitted the first time.

* Students in online classes must participate (as defined in the syllabus) during the first week of classes or they will be dropped from the class for non-attendance. (COM Student Handbook, page 27)

Deadlines are posted on the course syllabus. The State of Texas only accepts Military Service or Religious Holidays as excuses for missing a class.

Extra credit <u>may</u> be given this semester via Announcements. Always read announcements for this opportunity.

Attendance Policy: Student is responsible for dropping the class before drop date.

Communicating with your instructor: ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means.

General Education Core Objectives: Students successfully completing this course will demonstrate competency in the following Core Objectives:

Critical Thinking Skills: Students will demonstrate creative thinking, innovation, and the ability to analyze, evaluate, and synthesize information.

Communication Skills: Develop, interpret, and express ideas through written, oral, and visual communication.

Social Responsibility: Students will demonstrate intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national,

and global communities.

Personal Responsibility: Evaluate choices and actions of others or one's own and relate consequences to ethical decision-making consequences to ethical decision-making.

Student Learner Outcome		Assessed via this Assignment
1.Demonstrate awareness of the scope and variety of works in the arts and humanities.	Critical Thinking Skills (CT)	Exams Quizzes
2.Articulate how these works express the values of the individual and society within an historical and social context.	Social Responsibility (SR) Personal Responsibility (PR)	Philosophy Paper
3.Articulate an informed personal response and critically analyze works in the arts and humanities.	Critical Thinking Skills (CT)	Discussions

4.Demonstrate knowledge and understanding of the influence of literature, philosophy, and the arts on cultural experiences.	(CT)	Exams Philosophy Paper Quizzes
5.Demonstrate awareness of the creative process and why humans create.		Philosophy Paper and Visual Aid (Oral Presentation)

Course Schedule

Date:	Lectures/Assignments/Papers/Quizzes/Exams. Class is based on			
8-week	a weekly module. Modules end Sunday at 11:59 PM or 2359 hours except the final week. During this 8-week semester some weeks			
	in the schedules have multiple assessments due. All work must			
	be posted in D2L (Brightspace) not email during the Weekly			
	Module unless stated otherwise.			
Week 1:	To familiarize yourself with the "classroom" environment. To get to			
August	know your cyber classmates. To read and understand the humanities			
18-August	and terms associated with the humanities.			
24	Mandatory Introduction Discussion posting by Sunday 11:59 pm			
	of this module or dropped from class. <i>Introductory quiz</i> by			
	Sunday 11:59 pm of this module. Read Chapter 1: The Rise of Culture: From Forest to Farm.			
	Paleolithic cave art, megalithic architecture, creation myths, Neolithic			
	mythology, Neolithic myths with other familiar myths and stories,			
	Neolithic mythology with familiar myths and stories. Discussion			
	posting by Sunday 11:59 pm of this module.			
Week 2:	Chapter 2: Mesopotamia: Power and Social Order in the Early			
August 25-	Middle East AND Read Chapter 3: The Stability of Ancient			
August 31	Egypt: Flood and Sun. Geography and climate on the development			
	of Mesopotamian cultures, Mesopotamian sculpture, significance of the Code of Hammurabi, Mesopotamian architecture, the Epic of			
	Gilgamesh its form, characters, and themes, epic poetry, Hebrew			
	law and religion. Egyptian civilization through its art, language,			
	religion, and history, Egyptian architecture, sculpture, and religion,			
	Amarna style art and other periods of Egyptian			
	art. Discussion posting by Sunday 11:59 pm of this module.			
	Topic for Philosophy Paper and Oral Presentation by Sunday			
	11:59 pm of this module.			

Week 3: September 1-September 7

Read Chapter 4: The Aegean World and the Rise of Greece:
Trade, War, and Victory AND Read Chapter 5: Golden Age Athens and the Hellenic World: The School of Hellas. Cycladic culture, the Minoans, the Mycenaeans, Homeric Epics, Linear A and Linear B, Themes in The Iliad and The Odyssey, Pericles in the development of Athens, classes and features of the Athenian democracy, the Peloponnesian War, Classical sculpture versus Hellenistic sculpture, Classical architecture, Classical sculpture, Classical dramatists: Aeschylus, Sophocles, and Euripides, themes found in Classical drama, the philosophies of Plato and Aristotle, Socrates and the Sophists. Aristotle considering one's own beliefs. Discussion posting by Sunday 11:59 pm of this module.

Exam I: Chapters 1-5 by Sunday 11:59 pm of this module.

Week 4: September 7-September 14

Chapter 6: Rome: Urban Life and Imperial Majesty. Etruscan and Greek cultures on the development of Rome, history of Republican Rome, understand the founding myths of Rome, Virgil's Aeneid as a development of epic poetry and a founding myth, architecture for the Romans, "5 good emperors," understand important themes in Virgil's Aeneid, Pompeii AND Read Chapter 7: Other Empires: Urban Life and Imperial Majesty in China and India. The Great Wall of China, Shang Dynasty, Chinese symbols such as the dragon, the phoenix and the yin and yang, Daoism and Confucianism, Hinduism, Hinduism and the Caste system, Hinduism and

Buddhism. Two Discussion postings by Sunday 11:59 pm of this module. Cited Sources Assignment due by Sunday 11:59 pm of this module.

Week 5: September 15-September 21

Exam II: Chapters 6-9 by Sunday 11:59 pm of this module.

Chapter 8: The Flowering of Christianity: Faith and the Power of Belief in the Early First Millennium. The decline of the Roman Empire, significance of Judaism on the development of Christianity, identify key events in Jewish history, distinguish the Jewish sects, significance of Jesus for Christians, significance of Rome on the development of Christianity, the influence of Constantine on Christianity, Christian architecture, Augustine and Boethius and Christian thought. AND Chapter 9: The Rise and Spread of Islam. Key tenants on Islam, significance of Muhammad, principles of Islam, understand the basic divisions and themes of the Quran, significance of Arabic for Islam, calligraphy in Islam, division between Shiite and Sunni Moslems, Umayyad dynasty in

Spain, significance of Sufi Islam, Sufism. **Quiz by Sunday 11:59 pm** of this module.

	Exam II: Chapters 6-9 by Sunday 11:59 pm of this module.			
Week 6:	Read Chapter 10: Fiefdom and Monastery, Pilgrimage and			
September	Crusade: The Early Medieval World in Europe. Anglo- Saxon on			
22-	the development of the English language, Anglo- Saxon feudalism,			
September 28	status of women in Anglo-Saxon culture, significance of Beowulf,			
•	evaluate themes and values of Anglo-Saxon culture, importance of			
	the chivalric code, the Song of Roland, values of chivalry, the			
	importance of Charlemagne, Carolingian Miniscule, dissolution of the			
	Carolingian Empire, Hildegard of Bingen AND Read Chapter 11:			
	Centers of Culture: Court and City in the Larger World.			
	Developments in China, The Tang Dynasty, The Song Dynasty,			
	Indian and Southeast Asian Civilizations, Buddhism, Hinduism,			
	Japan, The Heian Period, The cultures of Africa, The cultures of			
	Mesoamerica. Quiz by Sunday 11:59 pm of this module. Tutor:			
	Proper MLA format assignment due by Sunday 11:59 pm of this			
Week 7:	Module.			
	Philosophy Paper and Oral Presentation due by Sunday 11:59 pm of this module.			
September	Read Chapter 12: The Gothic Style: Faith and Knowledge in an			
29- October 5	Age of Inquiry. The Sienese and Florentine Republic, Byzantine			
	Style of painting, Dante, the plague. Elements of Gothic			
	architecture, analyze stained glass, the architectural and artistic			
	transitions that occurred during the period, musical			
	advancements of the period, explain the establishment of the			
	university system, the role of women during the period,			
	scholasticism, Thomas Aquinas, recall key			
	terms and their usages. Quiz by Sunday 11:59 pm of this			
	module. Philosophy Paper and Oral Presentation due by Sunday			
	11:59 pm of this module.			
Week 8:	Module and exam end Tuesday at 11:59 PM CST or 2359 hours.			
October 6-	Exam III: Chapters 10-12 by Tuesday 11:59 pm.			
October 7				

Please Note: Due to the calendar schedule, plan on posting/submitting assignments in advance of scheduled due dates and times. Please remember that sometime problems arise with computer technology, therefore it is advantageous not to wait until the last minute to submit assignments. If you are experiencing technical difficulties, it is highly suggested that you <u>contact the Help Desk</u> well in advance of scheduled due dates/ times. Accommodations are not awarded for human and/or computer errors, vacations, work schedules, personal issues, or illnesses.

This is a flexible and tentative schedule. It is possible that these dates will change slightly due to various circumstances. It is the student's responsibility to follow the schedule to submit assignments on time according to the above schedule. Any reminders from your instructor are a courtesy.

Student Responsibilities:

- Be respectful of your professor and fellow classmates. Treat others in a professional manner to reflect well on yourself.
- Be aware of others' feelings. It is easy to react to a comment and send a reply quickly without thinking through the language and tone. In an online environment, responses are instantaneous, and we can't take them back once they are sent.
- Take full responsibility for your work and the successful completion of it.
- Be aware of others' feelings. It is easy to react to a comment and send a reply quickly without thinking through the language and tone. In an online environment, responses are instantaneous, and we can't take them back once they are sent.
- Participate fully in the discussions and dialogue in the class. The more you put into the class, the more you will get out of it.
- Check your Mail in D2L (Brightspace) several times a week.
- Stay in touch with me and your cyber classmates.
- Allow enough time each week to complete the assignments. Set aside the hours you would spend in class plus 1 ½ to 3 hours for "homework" for this class (6-9 hours per week total).
- Be academically honest. Much of our learning during this course will be collaborative. You'll discuss ideas together in the Discussions and email one another with questions/ideas/inspirations/gripes. This collaboration is crucial. However, you must, finally, do your own work. Students who submit plagiarized work are subject to the same penalties as those that apply to students in an on-campus course.
- Keep up with the assignments.

Instructor Responsibilities:

- I will do my best to help students understand humanities.
- I will return work to students in a reasonable amount of time. Please allow the same amount of time for grading as you were given to complete an assignment. For example, if you were given three weeks to complete an assignment, allow three weeks for the assignment to be graded.

- I will consider each student's work in an unbiased fashion.
- I will check my email (D2L (Brightspace) account) at least 3 days a week Monday,
 Wednesday and Friday <u>early</u> mornings.
- I will post assignments or changes in the schedule in a timely manner.

Grading Schedule: Allow the same amount of time for your instructor to grade your assignments as you were given to complete them. For example, if you were given 1 week to complete an assignment, allow 1 week for your instructor to grade your assignment. Again, 3 weeks for you to complete the assignment, allow 3 weeks to grade the assignment. Contact me within one week of grade posting if there is a grade in question.

Technical Outage Issues: Fill out a D2L (Brightspace) ticket. Distance Education will determine if it is a D2L (Brightspace) error. If it is a D2L (Brightspace) error or server error and deemed as such, you will be allowed to make up a quiz. If not, you will not be allowed to make it up. Please do not email me to reset your quiz.

If you are having trouble with this platform, please, contact the DE Support Office https://de-support.com.edu/requests

Academic Dishonesty: Any incident of academic dishonesty will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on exams – is an extremely serious offense and will result in a <u>grade of zero</u> on that exam and the student will be referred to the Office of Student Conduct for the appropriate discipline action.

HUMANITIES DEPARTMENT POLICY STATEMENT:PLAGIARISM

Plagiarism is a form of academic dishonesty. To plagiarize is to steal the words or ideas of another and pass them off as one's own. Two forms of plagiarism are common. In the first form, the writer incorporates published or otherwise recorded material without properly acknowledging its sources. In the second form, the writer submits work done by someone else. (The student who allows his or her work to be used by others is also guilty.)

Any student who plagiarizes will receive a grade of "0" on his or her plagiarized work and may, as a result, receive a failing grade in the course. Ignorance will not be an acceptable defense: all students are responsible for familiarizing themselves with the rules of documentation. Violation of the Plagiarism Policy may result in a referral to the College of the Mainland Judicial Coordinator or further disciplinary actions as stated in the current Student Handbook < http://www.com.edu/student-services/student-handbook.php>.

Plagiarism: Plagiarism is a serious offense and will not be tolerated. Plagiarism is using someone else's words or ideas and claiming them as your own. Plagiarism is a very serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website, and pasting it into your paper, using someone else's words without quotation marks. Any assignment containing any

plagiarized material will receive a *grade of zero* and the student will be referred to the Office of Student Conduct for the appropriate disciplinary action.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact

Dr. Brian Anderson, Chair, Humanities Department 409-933-8186 banderson@com.edu

Institutional Policies and Guidelines

Course Attendance Policy: To be successful in an online course, make every effort to log on at least once a day. Changes in the schedule will be posted under the announcement function in D2L (Brightspace). Online class is measured by some completion of a meaningful activity, however minor. Just logging in isn't enough. This means a student who keeps logging in but doesn't even respond to emails should be counted as "never attended" on the Census Roster.

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook https://www.com.edu/student-services/student-handbook.html. An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919 Email: AccessibilityServices@com.edu

Location: COM Doyle Family Administration Building, Student Success Center

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The

same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a "W" grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is October 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2nd 8-week session is November 25.

FN Grading: The FN grade is issued in cases of failure due to a lack of attendance, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress: If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here https://www.com.edu/community-resource-center/. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

Nondiscrimination Statement: The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.