

ENST 123: Intro to Herbalism

Fall 2016



Facilitators: Marina Gomes

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Office Hours: By appointment

Class Days / Times: Thurs. 2:00 p.m. - 3:50 p.m., 9/14 - 11/16

Classroom: Campus Center for Appropriate Technology (CCAT) -
Bottom Floor

Course Description:

In this course we will learn western and ayurvedic basic perspectives and concepts on herbalism. Students will learn concepts that include observation of the four elements present in all living beings according to ayurveda. We will also learn in depth about 12 common herbs easily found in western herbalism.

The information provided is intended to inspire students to feel empowered to use common herbs in their daily lives as allies for good health. We will also have a hands-on class making salve, fire cider and scrubs and get to see the herbs that grow around CCAT.

Suggested Texts / Readings:

Suggested reading assignments will be provided via e-mail attachments.
CCAT has a library space which you are encouraged to explore.

Course Objectives:

Through this course, you will:

1. Enhance your critical thinking skills regarding health
2. Develop a new understanding of the body through the ayurvedic perspective
3. Ability to research herbs and understand their possible effects in the body
4. Deepen your appreciation for nature by connecting with plants in an empowering and meaningful way
5. Observe plants with their sensory organs and draw significant and informative information
6. Understand herbal categories and nomenclatures
7. Differentiate between different methods of herbal preparation

8. Choose different approaches and tools for keeping their bodies in balance

Humboldt State University Learning Outcomes:

HSU graduates will have demonstrated:

- Effective communication through written and oral modes.
- Critical and creative thinking skills in acquiring a broad base of knowledge and applying it to complex issues
- Appreciation for and understanding of an expanded world perspective by engaging respectfully with a diverse range of individuals, communities and viewpoints.

HSU graduates will be prepared to:

- Take responsibility for identifying personal goals and practicing lifelong learning.
- Pursue social justice, promote environmental responsibility, and improve economic conditions in their workplaces and communities.

Intro to Herbs Student Learning Outcomes:

Students completing this program will have demonstrated the ability to:

- apply knowledge of herbalism to practical problems
- interpret and communicate complex ideas effectively
- demonstrate competence in a skill that complements environmental studies knowledge.

Course Format:

The first 15 to 20 minutes of the class will consist of a plant meditation followed by discussion. The remaining hour and a half will be lecture with powerpoint. We will have a medicine making class and herb walk on assigned dates.

Class content may change or vary depending on the class dynamics.

Course Materials:

A list of pertinent authors and titles will be given although no books are required to complete the class. All multimedia and reading materials will be available via e-mail.

Course Requirements:

Students are required to participate in each class during the plant meditations and will need to complete a homework assignment consisting of a short paper about an assigned plant.

Students will be advised to experiment with the herbs taught during the course to learn in depth the plants. No herbs will be provided by the instructor for that purpose, but many local resources are available. For the medicine making class students will be required to bring their own jars and containers for taking it home.

Attendance / Grading:

This one-unit course will be graded on a letter-grade basis. A grade of 'C-' or higher is required to pass. Attendance is *mandatory*. Three unexcused absences WILL result in a non-passing grade.

A	94-100%	C+	77-79
A-	90-93	C	74-76
B+	87-89	C-	70-73
B	84-86	D+	67-69
B-	80-83	D	60-67

There are opportunities for students to make up an absence. Students can attend Volunteer Fridays at CCAT for the duration of the class session (1.5 hours) and have their time signed off by a designated CCAT employee or Co-Director.

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Class Schedule

(Subject to change with fair notice)

Date	Topic	Activity/Reading
9/14	Introduction to herbs categories and different methods of herbal preparations.	Plant meditation and powerpoint presentation
9/21	Foundation on ayurvedic principles (vata, pitta, kapha), energetics and seasonal care.	Plant meditation and powerpoint presentation
9/28	Doctrine of signatures and material medica (rose).	Plant meditation and powerpoint presentation
10/05	Herbs walk and materia medica (nettle, rosemary and calendula).	Herb walk, plant meditation and powerpoint presentation

10/12	Materia medica (fennel, tulsi, dandelion, yarrow) and homework assignment.	Plant meditation and powerpoint presentation. Homework due on 10/26.
10/19	Medicine making - Fire cider, scrub and salve.	Bring containers
10/26	Homework presentation.	Plant meditation and class discussion
11/02	Materia medica (echinacea, licorice, chamomile, peppermint).	Plant meditation and powerpoint presentation
11/09	Materia medica (lavender, hawthorn, mullein, valerian).	Plant meditation and powerpoint presentation
11/16	Final exam	

Students with Disabilities:

Students who wish to request disability-related accommodations must contact the Student Disability Resource Center in the Lower Library at 826-4678 (voice) or 826-5392 (TDD). More information is available at <http://www.humboldt.edu/disability/>. I will make every effort to accommodate students of all abilities.

Emergency Evacuation Plan:

Please review the evacuation plans for the lecture room (posted in the rooms). For information on campus emergency procedures, see the following website:

http://www2.humboldt.edu/businessservices/sites/default/files/images/Emergency-Procedures_1.pdf

University Policies and Procedures:

Please find relevant university policies and procedures such as Add/Drop Policy, Resources for Students with Disabilities, Academic Honesty Policy, Attendance and Disruptive Behavior Policy, Financial Aid, Emergency Procedures, and Counseling and Psychological Services at <http://www2.humboldt.edu/academicprograms/syllabus-addendum-campus-resources-policies>.