

# ENST 123: Herbalism Fall 2018

Facilitators: Gianna Spinosa-Tesoro Telephone: 707-298-4482 Email: ggs60@humboldt.edu Office Hours: Appointments Encouraged Class Days / Times: Wednesday 3:00-4:50pm Classroom: Campus Center for Appropriate Technology (CCAT)

## Course Description:

Through the herbalism course at Humboldt State University, it is my intention first and foremost to cultivate a space that encourages and sets forth holistic healing practices on a physical, mental, emotional, and spiritual spectrum. Through learning about herbs, and their wide array of uses in medicine and in daily practices, we will learn how to heal, renew, and rejuvenate many aspects of our bodies. We will work collaboratively to create a variety of herbal medicine projects, based on what we have learned throughout each class. We will also be exploring different places in nature to harvest plants, such as Redwood Park and Trinidad. \*As a final project for this course, students are encouraged to create an 'herbal first aid kit' to present to the class. Students are encouraged to use projects we create together throughout the semester, as well as anything they have created on their own. Also, any other herbal medicines that students find are useful and effective are encouraged to be included as well.

## Suggested Texts / Readings:

There are no required readings for this course. I will bring in examples of Plant Identification Guides, and Natural Remedy Handbooks that I personally have found very effective in my study of Herbal Medicine. There are many local resources available if you wish to purchase any such books yourself.

## Course Objectives:

Throughout this course, students will:

- o Learn about the categories of herbal medicine and how to effectively create herbal formulas for making medicine.
- o Learn the basics of creating and enjoying herbal teas, oils, salves, and tinctures.
- o Learn about herbs that can be helpful in supporting different body systems.
- o Learn about the importance of holistic healing in relation to herbal medicine.
- o Learn where to find plants to harvest in certain areas of Humboldt County.
- o Creative an environment that cultivates collaboratively learning through each other.

## 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:

- Succeed in their chosen careers.
- 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.

Environmental Studies Student Learning Outcomes:

Students completing this program will have demonstrated the ability to:

- Apply knowledge of environmental systems to practical problems
- Demonstrate competence in a skill that complements environmental studies knowledge.

Course Format:

Most days, we will be having a lecture and activity portion of this class. We will be creating projects based on what we have learned about during each lecture. Materials for in class projects will be provided, but students are encouraged to bring anything of their own that they are interested in working with. \*I will talk about this in more detail before each lecture. We will be taking 2 plant walks throughout the semester, to Redwood Park, and to Trinidad.

Course Materials:

A willingness to learn about plants and herbal medicine. Any herbs students are interested in working with. Any books students are interested in further studying.

Attendance / Grading:

This one-unit course will be graded on a credit/no-credit basis. Attendance is mandatory. Three unexcused absences will result in a non-passing grade. There are opportunities for students to make up an absence. Students can attend Volunteer Fridays at CCAT for the duration of the class session (2 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:**

9/26 Introductions

Tour of CCAT Planting Herbs At CCAT

\*Assignment: Research a local herb and its uses for upcoming herb walk, post a picture and description in canvas forum.-Due 10/3

10/3 Medicine Making Basics

Herbal Categories and Formulas Herb Walk, Redwood Park

10/10 Herbs to support Brain Health and Energy

\*Herbal Medicine Project

10/17 Herbs to support Sleep and Relaxation

\*Herbal Medicine Project

10/24 Herbs to support Anxiety and Depression

\*Herbal Medicine Project

10/31 Herbs for Immune System Support

\*Herbal Medicine Project

11/7 Cultural Significance of Herbal Medicine \*Assignment: Research an herb used as medicine or in daily life in a different culture and how it is significant to that culture. Post a picture and description to canvas forum.-Due 11/14

11/14 Herb Walk to Trinidad

*11/21 \*Thanksgiving Break, no class*

11/28 Potluck

Sharing Final Projects, Herbal 'First Aid' Kits

Inclusivity:

Students in this class are encouraged to speak up and participate in-class. Each of us must show respect for each other because our class represents a diversity of beliefs, backgrounds, and experiences. We believe that this is what will enrich all of our experiences together. We recognize that our individual differences can deepen our understanding of one another and the world around us, rather than divide us. In this class, people of all ethnicities, genders and gender identities, religions, ages, sexual orientations, disabilities, socioeconomic backgrounds, regions, and nationalities are strongly encouraged to share their rich array of perspectives and experiences. If you

feel your differences may in some way isolate you from our classroom community or if you have a specific need, please speak with us early in the semester so that we can work together to help you become an active and engaged member of our class and community. (Adapted from HSU, CSU Chico, and Winona State University)

#### 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](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>.