



UNIVERSITY of HAWAII
WINDWARD COMMUNITY COLLEGE

Ke Kulanui Kaiāulu o ke Ko‘olau

HWST 155 Nā Limu Hawai‘i: Hawaiian Seaweeds and their Uses

Spring 2026

3 Credits | CRN: 63405

* This syllabus may be adjusted as needed to best support student learning. As your instructor, I will notify you regarding any changes to assignment dates or lectures as soon as I know a change will be made.

About Windward Community College

Mission Statement

‘O keia ka wā kūpono e ho‘onui ai ka ‘ike me ka ho‘omaopopo i kō Hawai‘i mau ho‘oilina waiwai. Aia nō ho‘i ma ke Kulanui Kaiāulu o ke Ko‘olau nā papahana hou o nā ‘ike ‘ake akamai a me nā hana no‘eau. Me ke kuleana ko‘iko‘i e ho‘ohiki ke Kulanui e kāko‘o a e ho‘okumu i ala e hiki kē kōkua i ka ho‘onui ‘ike a nā kānaka maoli. Na mākou nō e ho‘olako, kāko‘o a paipai i nā Ko‘olau a kō O‘ahu a‘e me nā hana no‘eau ākea, ka ho‘ona‘auao ‘oihana a me ka ho‘onui ‘ike ma ke kaiāulu— hō‘a‘ano a e ho‘oulu i nā haumāna i ka po‘okela.

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide the Ko‘olau region of O‘ahu and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

‘Āina

Windward Community College is located in the ahupua‘a of Kāne‘ohe and He‘e‘ia in the moku of Ko‘olaupoko on the island of O‘ahu. Both ahupua‘a are directly connected to the mo‘o ‘ōlelo of Pāpa and Wākea, who are seen as the ancestors of the Hawaiian nation. The campus sits beneath the pu‘u of Keahiakahoe, which is also connected to many mo‘o ‘ōlelo of this ‘āina. Because wind names and rain names are associated with specific ‘āina, the rain name of Kāne‘ohe is known as the ‘Āpuakea and the rain name of He‘e‘ia is the Ulumano.

Instructor Information

About Your Instructor

Aloha kākou! Welcome to HWST 155: Nā Limu Hawai‘i. I am excited to be your instructor this semester!

My classroom is one built on respect and reciprocity. All are welcome here. I expect students to complete their own work and respect all students’ insights and viewpoints. My overall goal is to get you guys to like limu and for you to succeed in this course. Please let me know as soon as possible if you are having

difficulties or challenges with the course and/or with life in general. I am willing to work with each student depending on the circumstances.

How to Contact Your Instructor

Solimar Carrasquillo Ho

Office: Hale Uluwehi B103

Office Hours: by appointment, just email me and we can work out a time to meet!

Email: solimarc@hawaii.edu

Response time: Generally, I will respond to your emails within 48 – 72 hours, but will check them as often as I can.

Alternate Contact Information

If you are unable to contact the instructor, have questions that your instructor cannot answer, or for any other issues, please contact the Academic Affairs Office:

- Location: Alaka'i 121
- Phone: (808) 235-7422

Contingency Plan

If there is an outage, weather situation, or family emergency on my end, I will do my best to find a way to communicate an update as soon as possible about my return to the course. Mahalo in advance for your understanding and I hope you will do the same.

Course Format & Structure

This course is offered as a Hybrid (online pre-recorded lectures with in-person activities) 16-week time frame. Please note that this is not a self-paced course; our course schedule is provided in this syllabus.

- In Person Days: Throughout the semester, we will have optional field trip days. They are noted on the class calendar in this syllabus.
- Content release: I release weekly modules one week at a time. You will be able to see the upcoming week usually by Sunday evening.
- This course will have some asynchronous content. While the content will be published by the Monday of each week, it is expected that all assignments are completed on Lamakū by the due date listed on the assignment. Due dates will typically be approximately 1 week after the assignment is published.

Regular Substantive Interaction (RSI)

Online courses at Windward Community College follow the college's [RSI Definition](#) for ensuring quality instruction. You can expect me to communicate with you frequently and respond to emails within a 24-hour period about our coursework in the following ways during our 16-week course:

- *Announcements*: Typically, a week ahead of any big happenings. Reminders to follow a day or 2 out from event/due date.
- *Assignments*: Assignment will be graded with the rubrics posted along with assignment descriptions. Feedback on assignments will be provided within 2 - 3 weeks after the due date. Exam feedback to follow within a week of the due date.
- *Discussions*: I will not require discussions often, but please feel free to use discussion boards to talk story with your classmates, ask questions about lecture content, offer help, and share about limu related events or happenings that you hear about.
- *Q&A*: Please ask any general questions about course content in the Discussions tab on Lamakū. I will generally respond within a few business days.
- *Quizzes and Exams*: Will open on dates listed in the syllabus and available for a week. Exams will be fairly timed and only 1 attempt will be allowed. They are NOT open note or group exams unless otherwise explicitly stated.

All course activity due dates are listed in Lamakū on the Calendar. Please check your UH email often and set your [Lamakū Notifications](#) (both email and D2L Brightspace [Pulse App](#)) to receive course notices, such as grading updates, announcements, and activity reminders. I will keep our Lamakū course Grades as current as possible.

Participation Verification

Campuses are required by federal regulations to verify the participation of students in their classes. In accordance with [Executive Policy 7.209](#), all students in the University of Hawai'i system are required to establish "participation" to ensure that they are not dropped from their class(es). Effective Fall 2021, students who fail to participate by the late registration period for a class will be administratively dropped from that class. Students may also be dropped from dependent prerequisite and/or corequisite classes if both courses do not establish participation.

Course Information

Catalog Description

This course is an introduction to Hawaiian limu biology, ecology, and diversity. Students will learn about the historical, current, and potential uses of Limu and choose a species to research. In this course, students are introduced to limu groups (red, green and brown) and sustainable cultivation. Students will learn about the cultural significance and history of Limu in Hawai'i.

Activities Required at Scheduled Times Other than Class Times

A portion of this class requires you to create an algal herbarium. While we will have field trips to accommodate limu collections there, but there may be times where you will have to go to the beach

outside of the scheduled class time and collect limu. Please contact me with any further information if you need locations to collect certain species of limu.

Student Learning Outcomes

As a result of taking this course, students can expect to attain the following outcomes:

1. Identify and describe the diversity of Hawaiian limu.
2. Describe the biology and ecology of Hawaiian limu.
3. Describe the historical and current uses of Hawaiian limu.
4. Apply knowledge to potential limu cultivation and conservation.

Course Materials & Technology

Required

- Regular access to a computer with internet (desktop or laptop).
 - Windward has computers, WiFi hotspots, software, and discounts available to students; see Ka Piko [Student Tech Support](#) for information.
 - UH Online provides an [online learning Readiness Activity](#) and an [Orientation to Online Learning](#) that Windward CC students may take to see if online learning is a good fit.
- Additional required HWST 155 materials will be posted in Lamakū content.

Recommended

This book is not a required purchase but could be helpful for learning the material in this class.

Huisman, J. M., I. A. Abbott & C. M. Smith. 2007. Hawaiian Reef Plants.

University of Hawai'i Sea Grant 2nd edition.

The UH SeaGrant Publications Office has offered to sell books to HWST 155 students at a discounted price. Arrangements will be made to sell books starting the second week of class.

- [D2L Brightspace Pulse App](#) (free download from app stores)

Lamakū Learning Management System (<https://lamaku.hawaii.edu/d2l/home>)

Learn about the Hawaiian meaning of the word “lamakū”: [Lamakū Pronunciation, Meaning, and Importance](#).

- [UHCC Lamakū Student Resources](#) (how-to videos)
 - Contact [UH ITS](#) for 24/7 Lamakū assistance.
- [Keeping Accessibility and UDL in Mind](#)

- If you find any course content that needs remediation and/or updating, please kindly share and I will work to make the content accessible.
- Lamakū courses will appear 5 days before the first day for the academic term and will become inactive (no longer be available to access) 3 weeks after the end of the term. Be sure to save any coursework you may need from Lamakū *during* the term.
- Lamakū automatically logs you out *if it does not detect activity for three hours*. A warning message will appear, notifying you of the lack of activity. Activity is defined as clicking a button in Lamakū, such as "Save Draft" or "Next" (in a test), clicking on a course tab, or taking an action that sends information to the server.

Other Technology

D2L Brightspace, the parent company of Lamakū, recommends users choose the latest versions of [Google Chrome](#), [Mozilla Firefox](#), [Microsoft Edge](#), or [Apple Safari](#) as their internet browser.

We recommend that students update their internet browser at the start of each term, search how to allow pop-up windows, adjust their cookies, and clear device history. Also, fully restart your computer and/or device from time-to-time to optimize performance.

Review the privacy/security policies before using the technologies we will be using in this class.

Contact me if you would like to discuss the use of alternative options or technologies.

- [Canva](#) is a presentation, graphic design software, and more ([accessibility statement](#), [privacy policy](#))
- [Google Drive](#) is UH-provided cloud storage ([accessibility statement](#), [privacy policy](#))
- [Google Docs](#) is used to create documents ([accessibility statement](#), [privacy policy](#))
- [Google Sheets](#) is used to create assignment and reference worksheets ([accessibility statement](#), [privacy policy](#))
- [Google Slides](#) is a presentation authoring software provided by UH ([accessibility statement](#), [privacy policy](#))
- [YouTube](#) is used for delivering some of the course content ([accessibility statement](#), [privacy policy](#))
- [Zoom](#) is used for the Synchronous Sessions and virtual office ([accessibility statement](#), [privacy policy](#))

Grading Policy

Assessment, Tasks, and Grading

Herbaria: 24% (40 points x 3 herbaria = 120 points)

Exams: 30% (50 points x 3 exams = 150 points)

Weekly Assignments: 16% (20 points x 4 assignments = 80 points)

Research paper: 30% (150 points)

Total points for course = 500

Your grade will be based on your participation and performance in completing the above tasks. Corresponding letter grades are as follows:

A = 100 – 90

B = 89 – 80

C = 79 – 70

D = 69 – 60

F = 59 and below

Please refer to the WCC College Catalog for audit, withdrawal, and incomplete options.

Late policy

Late assignments will result in a 2-point deduction per day that it is late.

Please email me if you think you will not be able to turn an assignment in on time.

Assessment Tasks and Grading

Herbaria: You will be guided in the processes of identifying key features of our limu, making your own personal herbarium of green, red and brown limu that you will identify via use of dichotomous keys and sight. Details of which taxa to collect will be provided to you on Lamakū. Dates when the herbaria are due are included below in the calendar.

Weekly Assignments: Throughout the semester you may have a few assignments to complete that support the topics discussed that week. They will be due with a week of the assignment.

Research Paper: Throughout the semester you will conduct an oral history project concerning limu and community. You will be taught the proper protocol to conduct an oral history during lecture. A corresponding research paper will summarize your findings. This assignment is equivalent to your final exam.

Course Schedule

Students may check the Windward [Student Notifications](#) page on the website for canceled classes and/or school closures.

Week	Date	Module / Topic	Due Dates
1	1/12/26	<p><i>Module 1: Ho'olauna</i></p> <ul style="list-style-type: none"> ● Watch: <ul style="list-style-type: none"> ○ Intro to Na Limu Hawai'i lecture ● <u>Assignment To-Do:</u> <ul style="list-style-type: none"> ○ Participation Verification Quiz ○ Discussion Post 	1/16/2026
2	1/19/26	<p><i>Module 2: Monday NO CLASS</i></p> <ul style="list-style-type: none"> ● <u>Assignment To-Do:</u> <ul style="list-style-type: none"> ○ Limu Traditions Reading & Assignment 	1/26/2026
3	1/26/26	<p><i>Module 3: What is limu?</i></p> <ul style="list-style-type: none"> ● Review/Watch: <ul style="list-style-type: none"> ○ Lecture PPT ○ Herbarium Resource 	
4	2/2/26	<p><i>Module 4: Connectivity of Ecosystems</i></p> <ul style="list-style-type: none"> ● Watch: <ul style="list-style-type: none"> ○ Lecture PPT ● Review: <ul style="list-style-type: none"> ○ Interesting Readings 	
5	2/9/26	<p><i>Module 5: Optional Field Trip</i></p> <ul style="list-style-type: none"> ● Location TBD 	
6	2/16/26	<p><i>Module 6: Beginning of Green Limu</i></p> <ul style="list-style-type: none"> ● Watch: <ul style="list-style-type: none"> ○ Lecture PPT 	
7	2/23/26	<p><i>Module 7: End of Greens, Ethnobotany Research</i></p> <ul style="list-style-type: none"> ● Read/Review/Watch: <ul style="list-style-type: none"> ○ Lecture PPT ○ Ethnobotany research links ● <u>Assignment To-Do:</u> <ul style="list-style-type: none"> ○ Research Questions Proposal & Consent Form 	3/2/26

Week	Date	Module / Topic	Due Dates
8	3/2/26	<i>Module 8: Optional Field Trip</i> ● Location TBD	
9	3/9/26	<i>Module 9: Green Limu Exam</i> ● <u>Assignment To-Do:</u> ○ Green Limu Herbarium due 3/13	Green Herbarium Due 3/13
10	3/16/26	Spring Break NO CLASS	
11	3/23/26	<i>Module 10: Beginning of red limu</i> ● Watch: ○ Lecture PPT ● <u>Assignment To-Do:</u> ○ Green Limu Exam due 3/23	Green Limu Exam Due 3/23
12	3/30/26	<i>Module 11: Cooking with Limu</i> ● Review/Watch: ○ Cooking with Limu Demo	
13	4/6/26	<i>Module 12: Middle Red limu</i> ● Review/Watch: Lecture PPT	
14	4/13/26	<i>Module 13: Optional Field Trip</i> ● Location TBD	
15	4/20/26	<i>Module 14: End of Reds</i> ● Review/Watch: ○ Lecture PPT ● <u>Assignment To-Do:</u> ○ Red Limu Exam	Red Limu Exam Due 4/27
16	4/27/26	<i>Module 15: Brown limu</i> ● Review/Watch: ○ Lecture PPT	

Week	Date	Module / Topic	Due Dates
17	5/4/26	Module 16: La`au and Limu <ul style="list-style-type: none"> ● Read/Review/Watch: <ul style="list-style-type: none"> ○ Lecture PPT ● Assignment To-Do: <ul style="list-style-type: none"> ○ Red and Brown Herbarium 	Red and Brown herbarium Due 5/8
Finals	5/12/26	<p style="text-align: center;">›Finals Week Exam Schedule</p> <p style="text-align: center;">Ethnobotany Research Paper due by 11:55 pm</p>	
	5/13/26	<p style="text-align: center;">Brown Exam online (due by NOON)</p> <p>NOTE: Grades will be available in STAR GPS on 5/20/2026</p>	

Academic Integrity

Work submitted by a student must be the student's own work. The work of others should be explicitly marked, such as through the use of quotes or summarizing with reference to the original author.

In this class, students who commit academic dishonesty, cheating, or plagiarism will have the following consequence(s):

- Students will receive a failing grade for plagiarized assignments.
- All cases of academic dishonesty are referred to the Vice Chancellor for Student Affairs.

[Windward CC Student Conduct Information](#)

[UH System Student Conduct Policy EO 7.208](#)

Artificial intelligence (AI) may be used to help create outlines for papers or assignments but all work that is turned in should be a reflection of your own thoughts and voice. Please disclose as a reference if a significant portion of your work is AI generated. Plagiarism and using other students' written work in your own writing is not permitted.

Student Kuleana

- Please review our [Hawai'i-Style Netiquette](#), which blends the values of ALOHA with approaches to how we treat each other online.
- Please keep all commentary in this course courteous and professional. Please avoid writing emails and any written work without a subject line, or in incomplete sentences. The more detailed your writing is, the more constructive feedback can be given.

- Windward CC has [Grievance Procedures](#) in place, but I encourage us to try to work together first to see if we can work through any troubles. Mahalo!

Academic and Technical Support

Academic Support

- [Windward Community College Library](#)
- [Library eResources](#)
 - We are lucky to have our very own Windward CC Librarian embedded in our course to help you! Meet [Cindy Texeira](#), a Hawai‘i Specialist Librarian and Liaison for Hawaiian Studies.
- [Library Research Units \(LRUs\)](#)
- [Ka Piko Tutoring Services: Math Lab, Speech Lab, Writing Lab, ‘Ōlelo Hawai‘i Lab](#)
- [Online Learning at Windward Community College](#)
- [STAR Balance](#)

Technical Support

- [UH ITS Help Desk](#): email help@hawaii.edu or call (808) 956-8883 (or 1-800-558-2669) for Lamakū and most technology support. Available 24 hours a day, 7 days a week, including holidays.
- Student Tech Support: email winhelp@hawaii.edu, call (808) 235-7437, or stop by in person at Hale La‘akea 228. Available Monday–Friday from 8:00 am–4:00 pm.
- Lamakū: Click on the [Lamakū Help](#) link in the menu bar at the top of the Lamakū homepage to fill out and submit a question and get your answer via email.
- [Information Security for Students](#)

College Policies & Support Services

Your instructor may also provide additional resources in your Lamakū course.

Basic Needs

Basic needs include food and housing, childcare, mental health, financial resources, and transportation. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation, and overall student well-being. If you or someone you know is experiencing basic needs insecurity, please see the [UH System Basic Needs](#).

Disabilities Accommodations Statement

Windward Community College’s Disability Student Services Office (WCC-DSSO) is committed to providing equal access to qualified students with disabilities.

Windward Community College is an equal opportunity, affirmative action institution.

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to participate fully in this class, you are encouraged to contact the Disability Specialist Counselor, Roy Inouye, to discuss reasonable accommodations that will help you succeed in this class. The Disabilities Counselor can be reached at (808) 235-7448, wccdsso@hawaii.edu, or stop by the office (Hale Kako‘o 106) for more information.

Financial Aid

If you are receiving financial aid and are contemplating not completing the course it is highly recommended that you contact the Financial Aid Office at (808) 934-2712 or email them at wccfao@hawaii.edu **BEFORE** you withdraw to discuss the impact this decision may have on your financial aid eligibility.

LGBTQ+

The University of Hawai‘i system and Windward Community College are committed to building an inclusive community that supports and advocates for all students, staff, and faculty. We welcome all members of our campus community to our campuses: transgender, māhū, and people of all gender identities. All members of our campus community deserve a work and educational environment free from harassment or bullying based on their sexual orientation, gender identity, or expression. For more information, see the [University of Hawai‘i Commission on LGBTQ+ Equality](#). Windward Community College Commissioner: Scott Sutherland, scottjks@hawaii.edu

Mental Health Counseling

Mental Health and Wellness at Windward Community College provides counseling services and activities on campus to support students’ life goals as well as their academic goals. Information about services can be found at [WCC Mental Health & Wellness](#).

Student Conduct Code

Windward Community College follows the University of Hawai‘i Code of Student Conduct which defines expected conduct for students and specifies those acts subject to University sanctions. Students should familiarize themselves with the Code of Student Conduct since, upon enrollment at Windward Community College, they have placed themselves under the policies and regulations of the University and its duly constituted bodies. The disciplinary authority is exercised through the Office of the Vice Chancellor for Student Affairs. Copies of the [Student Conduct Code](#) are available at the Office of the Vice Chancellor for Student Affairs.

TRiO Program

The Federal TRiO Programs are educational opportunity outreach programs designed to motivate and support students from disadvantaged backgrounds. TRiO includes six outreach and support programs targeted to serve and assist low-income, first-generation college students and students with disabilities in progressing through the academic pipeline from middle school to post-baccalaureate programs. Information about services can be found at [Windward CC TRiO](#).

Title IX - Sex Discrimination and Gender-Based Violence Resources

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Desrae Kahale, UH System Confidential Advocate

Phone: (808) 235-7393

Email: advocate@hawaii.edu

Office: Hale Kāko‘o 101

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393

Email: dkahale3@hawaii.edu

Office: Hale Kāko‘o 101

Mykie E. Menor Ozoa-Aglugub, J.D., Title IX Coordinator

Phone: (808) 235-7468

Email: mozoa@hawaii.edu

Office: Hale Kāko‘o 109

Karen Cho, Deputy Title IX Coordinator

Phone: (808) 235-7404

Email: kcho@hawaii.edu

Office: Hale ‘Alaka‘i 120

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, refer to the University’s [Title IX](#) resources, and the University’s Policy, [EP 1.204](#).

UH Alerts

The UH Alert emergency notification system alerts the university community in the event of a natural, health or civil emergency. The information you provide will only be used in the event of an emergency that impacts the health and safety of the UH community or the closure of whole campuses. It will not be shared with others or used for routine UH communications or announcements. To sign up, visit [UH Alerts](#) for more information.