

## Psychology 2000: Interpersonal Relationships

T-Th: 7:30-8:45

Weber State University - Spring 2010

### Syllabus and Course Outline

**Professor:** Theresa Stueland Kay, Ph.D.

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**Office Hours:** Before & After Class

#### REQUIRED TEXTBOOK:

Hendrick, S. S. (2004). *Understanding Close Relationships*, Allyn & Bacon

#### PURPOSE:

The purpose of this course is to teach skills needed to have healthier, more enjoyable relationships. Such skills include increased self-awareness, increased awareness of others, listening, and expressing oneself.

#### OBJECTIVES:

##### *Increased Self-awareness*

Success in interpersonal relationships relies heavily on self-awareness. This includes being aware of your "buttons," the impact you have on others, and the effect the environment has on you.

##### *Increased Awareness of Others*

Relationships are clearly a two-way street. It is important to be able to "read" where others are at in terms of their relationships with you. This awareness can help you decide what behaviors would be appropriate, given the situation.

##### *Enhanced Listening Skills*

Listening is an important key to understanding where others are coming from. Unfortunately, it is often difficult to listen effectively. Hopefully, this class will help you refine further your ability to truly listen to others.

##### *Enhanced Communication Skills*

If we are to have our needs met, it is imperative that we communicate them to others. Unfortunately, we often expect that others will somehow "just know" where we are at and what we need. It is the goal of this course to help you communicate your feelings, thoughts, and needs to others in a way that will maximize the chance that they will be receptive to what you have to say.

## **Personal Development**

*Here is where we hope that the knowledge learned in the above objectives will carry over into your daily life. It is difficult, if not impossible, for the principles learned in to affect and enhance your daily functioning.*

## **GRADING:**

*All students will have a chance to earn an "A." The instructor does not use a "bell curve" when determining grades. The following point system will be used.*

<b>Modality</b>	<b>Point Value</b>	<b>Percent of Final Grade</b>
<i>Exam I</i>	<i>150</i>	<i>15%</i>
<i>Exam II</i>	<i>150</i>	<i>15%</i>
<i>Exam III</i>	<i>150</i>	<i>15%</i>
<i>Exam IV</i>	<i>150</i>	<i>15%</i>
<i>In-Class Writing Assignments (10)</i>	<i>200</i>	<i>20%</i>
<i>Oral Presentation</i>	<i>200</i>	<i>20%</i>
<i>Total</i>	<i>1000 points</i>	<i>100%</i>

## **Grading Scale:**

*A 920+, A- 900-919, B+ 880-899, B 820-879, B- 800-819, C+ 780-799, C 720-799, C- 700-719, D+ 680-699, D 620-679, D- 600-619, F 0-599*

## **Exams:**

*The exams will consist of matching and multiple choice questions. They are not comprehensive, and will be designed to last approximately 50 minutes.*

*The exams will be available on ChiTester in any WSU Testing Center. Please note that you will need to show a picture ID (e.g. drivers' license, WSU ID) and that you will need to arrive at least 1 hour before the Testing Center closes. You can take the exams at times that are convenient to you, provided that they are completed within the days specified in your course outline.*

## **In-Class Writing Assignments:**

*In-class writing assignments will be conducted randomly, 12 times during the semester. The purposes of these assignments are to gain writing experience and to interact with and apply the material learned to your daily functioning. Since these assignments rely on*

*class attendance, they cannot be made up. However, you will be able to drop your 2 lowest writing scores. If you complete all 12 assignments, the 11<sup>th</sup> and 12<sup>th</sup> ones will be counted as extra credit.*

### ***Oral Presentation:***

*You will have the option of working alone or with another person for the presentation. You can choose the topic as long as 1) it discusses some aspect of relationships and 2) it is appropriate for a college level class. You will select one peer-reviewed, scientific journal article and give a 10 minute presentation if you present alone (15 minutes if you present with a partner). Various deadlines will need to be met as the semester approaches, and you can find these deadlines in your course outline. Additionally, the instructor will give you a handout explaining these and other details. You will be required to submit a handout consisting of an outline of your presentation and resource list to the professor and your classmates on the day of your presentation.*

### **LATENESS POLICY:**

*Your instructor believes that it is vitally important to adhere to all deadlines noted in the course outline. Making a regular practice of respecting deadlines will go a long way toward success in the various areas of your life. However, your instructor recognizes that emergencies do occur and that they can interfere with even the most serious intent to respect deadlines. Therefore, your instructor expects that we will adhere to the following:*

- 1. If you are sick, please stay home until you are no longer contagious. Generally, the standard is going 24 hours without a fever. Your instructor and classmates do not want to be infected with whatever illness you might have.*
- 2. If an illness or other emergency occurs, it is your responsibility to notify your instructor as immediately as is realistically possible. It is also your responsibility to keep your instructor updated. If you do this, your instructor will work with you with exam and assignment deadlines. Please note that your instructor will be trying to balance your needs with the upcoming demands of the course. Therefore, while you may get an extension, you will need to complete the exam or assignment within the parameters set by the instructor.*
- 3. If you are unable or otherwise fail to contact your instructor in the manner described in #2, you **MUST** provide documentation in order to get an extension without a penalty. This documentation will need to adequately why you need an extension and why you were unable to contact me in a timely manner. **YOUR INSTRUCTOR WILL BE THE ONE TO DETERMINE WHAT IS SUFFICIENT DOCUMENTATION.***

4. Generally speaking, the penalty for late submission of an exam or assignment will be 20% if it is submitted within 2 business days of the deadline. After 2 days, the score becomes a zero

#### MISCELLANEOUS:

While every effort will be made to adhere to the course outline, all times, topics, and subjects covered will be at the professor's discretion and could change at any time. Advance notice will be given if a change is necessary.

Your instructor uses WebCT Vista extensively for all of her classes. You can use WebCT to access Powerpoint slides, exam review sheets, and to check your grades on the online gradebook. You are strongly encouraged to check your grades on a regular basis to ensure that you are properly receiving credit for your work. It is much easier to correct errors during the semester. If you notice an error, your instructor will be happy to correct it once you provide evidence of the mistake. Please keep everything your instructor returns to you, as this will be the necessary proof of an error.

Technology also makes it possible for your instructor to send an email to the entire class. Please make a habit of checking your WebCT email regularly, as I may use it to post announcements from time to time.

It is the instructor's expectation that the work you submit is in fact **your work**. Cheating on exams or plagiarizing work on papers or presentations will result in **immediate failure of the course**, as well as other possible disciplinary action. Plagiarism is representing the work of someone else as your own by taking sentences, paragraphs, or sections from other sources without using quotation marks or appropriate references. Please consult the instructor if you have any questions about appropriate referencing of material.

Appropriate classroom behavior is vital to a productive learning environment. Behaviors such as a) arriving late, b) leaving early, c) holding private conversations, d) sleeping, e) reading other material, f) allowing your pager or cell phone to be audible in class, g) receiving calls on your cell phone, or h) doing activities other than those that are part of this class are very rude and distracting to the instructor and your peers. **The instructor will intervene with such behaviors as appropriate. If they persist, offending students**

*will be encouraged to drop the course.*

***Disability Notice:***

*Any student needing accommodations or services due to a learning disability must contact the Services for Students with Disabilities (SSD) at 801-626-6413. The office is located in Room 181 of the Student Services Center.*

## *COURSE OUTLINE*

<i>Date</i>	<i>Topic</i>	<i>Assigned Reading</i>
1/5	Intro to Class/Importance of Relationships	
1/7	Importance of Relationships	Ch1
1/12	Importance of Relationships	Ch1
1/14	Attraction and Relationship Development <b>Choose Presentation Topic &amp; Partner</b>	Ch2
1/19	Attraction and Relationship Development	Ch2
1/21	<b>Exam I: 1/20-1/23: No Class Thursday</b>	
1/26	Friendship and Social Support	Ch3
1/28	Friendship and Social Support	Ch3
2/2	Romantic Love	Ch4
2/4	Romantic Love	Ch4
2/9	<b>Exam II: 2/8-2/11: No Class Tuesday</b>	
2/11	Relational Sexuality	Ch5
2/16	Relational Sexuality	Ch5
2/18	Relational Sexuality <b>Presentation Article Due (Hard Copy)</b>	Ch5
2/23	Communication & Relational Maintenance	Ch6
2/25	Communication & Relational Maintenance	Ch6
3/2	Conflict and Abuse	Ch7
3/4	Conflict and Abuse	Ch7
3/9	<b>Exam III: 3/8-3/11: No Class Tuesday</b>	
3/11	Breakup, Divorce, & Bereavement	Ch8
<b>Spring Break 3/15-3/19</b>		
3/23	Breakup, Divorce, & Bereavement <b>Presentation Outlines Due</b>	Ch8
3/25	Breakup, Divorce, & Bereavement	Ch8

3/30	<i>Diverse Relationships</i>	Ch9
4/1	<i>Diverse Relationships</i>	Ch9
4/6	<i>Gender</i>	Ch10
4//8	<i>Gender</i>	Ch10
4/13	<i>Presentations</i>	
4/15	<b>INSTRUCTOR AT RMPA</b>	

*Exam IV:* 4/16-4/22