

Psychology 2000: Interpersonal Relationships

M-W-F: 8:30-9:20

Weber State University – Fall 2009

Syllabus and Course Outline

Professor: Theresa Stueland Kay, Ph.D.

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Office Hours: By Appointment

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.

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

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. Since you have several days to complete your exams, **LATE EXAMS WILL**

NOT BE ACCEPTED WITHOUT A 20% PENALTY EXTRACTED FROM YOUR SCORE. It will be your responsibility to contact me to discuss postponing an exam. The exam **MUST** be completed within 2 business days after the closing date of the exam. The decision to allow postponement of an exam or whether to impose a penalty is at the sole discretion of the instructor.

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 11th and 12th 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 5-10 minute presentation if you present alone (with a maximum of 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.

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 grade book. 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 cell phone or pager to be visible in class, g) listening to your iPod/MP3 player, or h) doing activities other than those that are part of this class are rude and distract your peers and instructor. The instructor will intervene with these behaviors as appropriate. If these behaviors persist, the offending students will be asked to drop the course.

Disability Notice:

Any student needing accommodations or service due to a physical or learning disability must register with the Services for Students with Disabilities (SSD). The office is located in room 181 of the Student Services Center, and the phone number is 801-626-6413.

COURSE OUTLINE

| <i>Date</i> | <i>Topic</i> | <i>Assigned Reading</i> |
|-------------|--|-------------------------|
| 8/24 | Intro to Class | |
| 8/26 | Importance of Relationships | Ch1 |
| 8/28 | Importance of Relationships | Ch1 |
| 8/31 | Importance of Relationships | Ch1 |
| 9/2 | Attraction and Relationship Development | Ch2 |
| | Choose Presentation Topic & Partner | |
| 9/4 | Attraction and Relationship Development | Ch2 |
| 9/7 | Labor Day Holiday | |
| 9/9 | Attraction and Relationship Development | |
| 9/11 | Exam I: 9/9-9/11: No Class Friday | |
| 9/14 | Friendship and Social Support | Ch3 |
| 9/16 | Friendship and Social Support | Ch3 |
| 9/18 | Friendship and Social Support | Ch3 |
| 9/21 | Romantic Love | Ch4 |
| 9/23 | Romantic Love | Ch4 |
| 9/25 | Romantic Love | |
| 9/28 | Exam II: 9/28-10/1: No Class Monday | |
| 9/30 | Relational Sexuality | Ch5 |
| 10/2 | Relational Sexuality | Ch5 |
| 10/5 | Relational Sexuality | Ch5 |
| 10/7 | Relational Sexuality | Ch5 |
| | Presentation Article Due (Hard Copy) | |
| 10/9 | | |
| 10/12 | Communication & Relational Maintenance | Ch6 |

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| 10/14 | Communication & Relational Maintenance | Ch6 |
| 10/16 | Fall Break – No Class Friday | |
| 10/19 | Communication and Relational Maintenance | Ch6 |
| 10/21 | Conflict and Abuse | Ch7 |
| 10/23 | Conflict and Abuse | Ch7 |

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| 10/26 | Conflict and Abuse | Ch7 |
| 10/28 | Exam III: 10/26-10/29: No Class Wednesday | |
| 10/30 | | |

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| 11/2 | Breakup, Divorce, & Bereavement | Ch8 |
| 11/4 | Breakup, Divorce & Bereavement | Ch8 |
| 11/6 | Breakup, Divorce, & Bereavement | Ch8 |

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| 11/9 | Diverse Relationships | Ch9 |
| | Presentation Outline Due | |
| 11/11 | Diverse Relationships | Ch9 |
| 11/13 | Diverse Relationships | Ch9 |

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| 11/16 | Gender | Ch10 |
| 11/18 | Gender | Ch10 |
| 11/20 | Gender | Ch10 |

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| 11/23 | Gender | Ch10 |
| 11/25 | Presentations | |
| 11/27 | Thanksgiving Holiday – Enjoy! | |

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| 11/30 | Presentations | |
| 12/2 | Presentations | |
| 12/4 | Study Day – No Class Friday | |

Exam IV: 12/3 - 12/8