

PSYCHOLOGY 144
INTERPERSONAL RELATIONSHIPS
Spring 2014

Professor: Robin Staton

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Office Hours: M 9:15-10:15; TW&TH 9:45-10:15 & 1:00-1:30

Course Description:

This is an exploration of the dynamics of interpersonal relationships. Starting, developing, understanding, and improving one's relationships with self and others will be the focus of this course. Topics will include love, jealousy, acceptance, listening skills, communication skills, perception of self and others, and self-disclosure. The course involves lecture, discussion, and experiential techniques.

Topics:

Relationship with Self Relationship with Others Love Affair with Addiction The Inner Child Dysfunctional Families The Triangle Game Dangerous Relationships Clock and the Compass	Boundaries Affirmations Learning to Play Learning to Let Go Multi-cultural Sensitivity Messages: Verbal and Nonverbal Communication Self Actualization
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STUDENT LEARNING OUTCOME: Identify, create, and practice positive affirmations.

Text: Messages, by McKay, Davis, and Faring, 3rd ed.

Grades will be calculated on a point basis.

20 Class Participation	90-100 = A
20 Test and Quizzes	80- 89 = B
20 Autobiography	70- 79 = C
<u>40 Notebook</u>	60- 69 = D
100 Total Possible	59 & Below = F

ADDITIONAL INFORMATION:

Attendance: Students are expected to attend each class lecture as scheduled and remain present for the duration of the classroom session. Attendance is crucial and highly recommended, as it counts for 15% toward your final grade. Students missing more than 3 hours worth of class may be dropped. Any student arriving late more than 3 times will be marked with one absence. Allowances of absence may be made by the instructor on a "case-by-case" basis for special circumstances (i.e.: medical necessity, family/personal tragedy). Should a person need to be absent during a test, proper notification to the instructor need be made via phone and email. Instructor must be contacted prior to missing an exam except in a documented emergency situation. It is the responsibility of the individual student to obtain class materials, handouts, and/or notes given during their absence. It is the responsibility of the individual student to complete and submit the required administrative forms for withdrawing from this course. No one is allowed to leave the room during tests.

Bathroom and cigarette breaks are prohibited while testing.

Classroom Disturbances:

Please turn off mechanical devices including cell phones, pagers and iPods before coming to lecture. **Students who do not comply will be asked to leave.** This classroom is a **GADGET FREE ZONE.**

DSP&S Statement:

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Program Services (DSP&S) office at the Mel Wendrick Access Center as soon as possible.

Mel Wendrick Access Center
DSP&S Room 2117
Health Sciences Building
(760) 355-6312

Cheating Policy:

Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline. Cheating includes but is not limited to looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Baseball caps may not be worn during quizzes or tests. Do not use iPods or such music-providing devices during lecture or tests. **Plagiarism will not be tolerated.**

Class Schedule

- Wk1- Introduction
- Wk2- Introductions, Mask Exercise, bring stuffed animal or tissue
- Wk3- Chap. 1; Relationships film; bring blindfold
- Wk4- Active Listening; Affirmation Training
- Wk5- Chap. 2, 3 & 4 Self Disclosure; Expressing; Body Language
- Wk6- Love Affair with Addiction
- Wk7- Film: When a Man Loves a Woman; Characteristics of Adult Children of Alcoholics
- Wk8- Autobiography Due; Chap 5 & 6; Sanctuary Exercise
- Wk9- Chap. 7 Transactional Analysis
- Wk10- Clock and the Compass collage activity-Goal Setting
- Wk11- Relationship Improvement Check;
- Wk12- Power Write
- Wk-13 Multicultural Awareness; **Notebook Due** Assertiveness training; Letting go of Guilt
- Wk14- Spring Break
- Wk15- Heart Talk, Self-Actualization; Notebooks returned
- Wk16- Final