

### Basic Course Information

Semester:	<b>Fall 2016</b>	Instructor Name:	<b>Robin Staton</b>
Course Title & #:	<b>Psychology 144 Interpersonal Relationships</b>	Email:	<b>Robin.staton@imperial.edu</b>
CRN #:	<b>10771</b>	Webpage (optional):	
Classroom:	<b>404</b>	Office #:	<b>409</b>
Class Dates:	<b>8/15/16-12/9/16</b>	Office Hours:	<b>M8-9:30,T 9-9:30, W6-6:30, Th9-9:30 &amp; 1-2:00</b>
Class Days:	<b>Thursday</b>	Office Phone #:	<b>760-355-6149</b>
Class Times:	<b>2:00-5:10</b>	Emergency Contact:	<b>760-355-6144</b>
Units:	<b>3</b>		

### Course Description

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, communications skills, perception of self and others, and self-disclosure. The course involves lecture, discussion, and experiential techniques.(CSU)

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify positive affirmations (ILO1, ILO2, ILO3, ILO5)
2. Create positive affirmations (ILO1, ILO2, ILO3, IL05)
3. Practice positive affirmations (ILO1, ILO3)

### Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Recognize multiple modes of communication and the differences in congruent and non-congruent messages and self-evaluate communication style.
2. Learn self-care and nurturing techniques.
3. Practice active listening.
4. Practice appropriate self-disclosure; recognize and share feelings through "I messages."
5. Recognize destructive self defeating behavior.
6. Set relationship goals and build support networks.

**Textbooks & Other Resources or Links**

McKay (2009). *Messages* (4th/e). New Harbinger Publications. ISBN: 9781572245921

**Course Requirements and Instructional Methods**

Audio Visual

Demonstration

Discussion

Group Activity

Lecture

Other, please identify

Kinesthetic Projects

Two (2) hours of independent work done out of class per each hour of lecture or class work, or 3 hours lab, practicum, or the equivalent per unit is expected

Out-of-class:

Students are given a list of relationship improvement strategies. They are required to use the strategies outside of class on their selected relationship. Students will journal 10 pages of the strategies used and the reactions to those activities over the course of the semester.

Reading and Writing:

Reading assignments include assigned text readings; current articles and/or sources from the internet. Students will read "End of the World Stereotyping" and told to pick 8 people to take into a fallout shelter in the event of nuclear disaster. They discuss the reasons for choosing the people they chose and discuss stereotypes/discrimination. Students then write a thought paper on the class activity

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

**Course Grading Based on Course Objectives**

Participation	20	90-100=A
Test and quizzes	20	81-89 =B
Autobiography	20	71-79 = C
Notebook	<u>40</u>	61-70 = D
	100 pts	0-59 = F

**Attendance**

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who

desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.

- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

### Classroom Etiquette

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, otherwise you will be directed to leave the classroom.
- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### Online Netiquette

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

### Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.

- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

### **Additional Student Services**

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available

- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

### **Disabled Student Programs and Services (DSPS)**

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

### **Student Counseling and Health Services**

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **Student Health Center.** A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **Mental Health Counseling Services.** Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

### **Student Rights and Responsibilities**

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

**Information Literacy**

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

**Anticipated Class Schedule/Calendar**

<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
Wk 1	Introduction	
Wk2	Mask Exercise , Please Hear What I'm Not Saying; Strategies for Success in Relationships	Read Chapter 1
Wk3	Chap 1, Relationships Film, Bring Blindfold; Listening Skills	
Wk4	Active Listening; Relationship Training	Read Chap 2,3,4
Wk5	Chap 2,3,4, Self-Disclosure, Expressing, Body language	
Wk6	Love Affair With Addiction	
Wk7	Film: When A Man Loves a Woman; Adult Children Alcoholics	Read Chap 5&6
Wk8	Autobiography Due ;Sanctuary exercise	Read Chap 7 Autobiography Due
Wk9	Chap 7 Transactual Analysis	
Wk10	Collage,(old magazines, scissors,glu stick)Clock & Compass	
Wk11	Relationship Improvements Check	
Wk12	Power Write	
Wk13	Multicultural Awareness activity; Assertiveness Training	Notebook Due
Wk.14	Heart Talk, Self-Actualization,	
Wk15	Fall Break	
Wk 16	Letting Go of Guilt, Relationship Check, Return Notebook	
Wk17	Final Exchange	Final

**\*\*\*Tentative, subject to change without prior notice\*\*\***