

Basic Course Information

Semester:	Fall 2021	Instructor Name:	Veronica Landeros
Course Title & #:	Psy 144: Psychology of Interpersonal Relationships	Email:	veronica.landeros@imperial.edu
CRN #:	10389	Webpage (optional):	N/A
Classroom:	Online	Office #:	Part-Time (Online)
Class Dates:	Aug 16-Dec 11	Office Hours:	By Appt
Class Days:	N/A	Office Phone #:	760-455-2569
Class Times:	N/A	Emergency Contact:	Elvia Camillo
Units:	3	Class Format:	Online

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, ILO5)
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, Davis, Fanning (2009) Messages: The Communication Skills Book; 3rd Ed, New Harbinger Publications, Inc . SBN 978-57224-592-1

Course Requirements and Instructional Methods

Method of Evaluation: Attendance, Homework, Problem Solving Exercises, Written Assignments.

Instructional Methodology: Audio visual, Demonstration, Discussion, Lecture

Out of Class Assignments: Students are given discussion prompts and homework to ensure chapters are being reviewed. Students will submit assigned homework via Canvas. There will also be periodic Thought Papers assigned throughout the semester. Students are given activities for 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. Thought Papers throughout the semester.

Course Grading Based on Course Objectives

All assignments are mandatory and there is no late accepted, NO EXCEPTIONS!!

How much you learn in the course, as well as your final grade, depends on the effort you put into the readings, assignments, class preparation, and class participation. Grades will be assigned on the basis of the following weights:

100-90 A

89-80 B

79-70 C

69-60 D

59> F

Course Policies

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.

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. 3 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. Plagiarism will not be tolerated.

- 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. 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 lectures or tests.

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.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date/Week	Activity, Assignment, and/or Topic
Week 1 August 16	Introduction & Syllabus
Week 2 August 23	Part 1: Basic Skills Chapter 1-3
Week 3 August 30	Part 2: Advanced Skills Chapter 4
Week 4 September 6	Part 2: Advanced Skills Chapter 5 & 6
Week 5 September 13	Part 2: Advanced Skills Chapter 7
Week 6 September 20	Part 2: Advanced Skills Chapter 8
Week 7 September 27	Part 3: Conflict Skills Chapter 9
Week 8 October 4	Part 3: Conflict Skills Chapter 10



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Week 9 October 11	Part 3: Conflict Skills Chapter 11
Week 10 October 18	Part 3: Conflict Skills Chapter 12
Week 11 October 25	Part 5: Family Skills Chapter 15
Week 12 November 1	Part 5: Family Skills Chapter 16
Week 13 November 8	Part 5: Family Skills Chapter 17
Week 14 November 15	Part 4: Social Skills Chapter 13 & 14
Week 15 November 22	NO CLASS!
Week 16 November 29	Part 6: Public Skills Chapter 18-20
Week 17 Dec 6	Finals Week!