

Basic Course Information

Semester:	SPRING 2016	Instructor Name:	Roxanne Nunez
Course Title & #:	Interpersonal Relationships PSY 144	Email:	Roxanne.nunez@imperial.edu
CRN #:	20766	Webpage (optional):	
Classroom:	202	Office #:	809
Class Dates:	February 18-June 9	Office Hours:	By appointment only
Class Days:	Thursday	Office Phone #:	760-355-6144 msg
Class Times:	2 pm – 5:10 PM	Emergency Contact:	roxanne.nunez@imperial.edu
Units:	3.0		

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* (3rd/e). New Harbinger Publications. ISBN: 9781572245921

Course Requirements and Instructional Methods

Audio Visual, Demonstration, Discussion, Group Activity, Lecture
Blackboard enhanced course

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 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

Blackboard will be a required component of this course. Any and all additions or omissions throughout the semester will be found on Blackboard as well as any important notifications, assignments and exams. It will be the responsibility of the student to check Blackboard periodically for changes or important updates. Students are expected to read all assigned chapters as noted in syllabus. Although, we may or may not cover all of the material shown and the dates are approximations, students will however be required to know all the material assigned in reading and other material given in class.

Assignments will be based on Chapter topics and will be assigned in class. Class attendance is important in order to gain clarification of what is expected for each assignment. Assignments may include group participation.

A Reflection Essay will ask you to talk about a specific way the skills you've obtained in this course has changed your attitudes or actions as well as addressing a significant challenge you faced or things you would do differently if given a second chance with a past situation. This essay may challenge you to think critically about what you are doing well and what needs to be changed as a result of the skills you've obtained in this course. Identify skills learned, including positive affirmations, responses and actions that have been strengthened by this course. Also, make sure to identify areas that need work. Discuss the knowledge and experiences you've gained which will also be useful in future classes, jobs, relationships and other aspects of your life.

There will be several pop quizzes. Quizzes will be administered in class or as take-home assignments,

they will not be announced in advance, and will occur at any given time. It is important to come to class to know when a quiz might occur. **HOWEVER BE PREPARED FOR UNANNOUNCED QUIZZES.** These will generally occur if I notice an overall decline in class participation and attendance. Quizzes may include any or all of the following types of questions: multiple choice, true-false, matching, fill-in-the-blank, and short answer/essay. If you are late to CLASS or absent, you will not be allowed to take the quizzes or exams. No makeups for exams or quizzes will be given without prior notification and/or documentation of an emergency. No work will be accepted over email without prior approval.

Final Exam will cover chapters and course material throughout the semester. This exam will be offered via Blackboard, however, student’s who require a paper copy or additional accommodations will be assisted. Students will need to inform me prior to Exam dates with ample time for the requested accommodation; otherwise, the student will be required to complete exam via Blackboard on scheduled date of Exam. The Final exam will be entirely multiple-choice. Some chapters listed may not be covered in class, but you are still responsible for the material, unless otherwise specified. No makeups for exams or quizzes will be given without prior notification and/or documentation of an emergency.

A Vision Board along with a presentation will also be required. A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. The Vision board should Identify your vision and give it clarity, Reinforce your daily affirmations and Keep your attention on your intentions.

Assignments	13	10 points	130 points
Exam 1	1	20 points	20 points
Vision Board	1	100	100 points
Reflection Paper	1	100	100 points
Final	1	100	100 points
Participation	Continuous	50 points	50 points
			Total=500 points

450-500 points	A
400-449 points	B
350-399 points	C
300-349 points	D
299 and below	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, unless otherwise directed by the instructor.
- 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.

- **[Blackboard Support Site](#)**. The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **[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

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 FEB 18	Syllabus & Introduction	CH 1-3 Assignment 1
Week 2 FEB 25	Part I: Basic Skills Listening, Opening Up and Expressing yourself	Assignment 2
Week 3 MAR 3	Exam 1	CH 4&8 Assignment 3
Week 4 MAR 10	Body Language Clarifying Language	CH 5&6 Assignment 4
Week 5 MAR 17	Paralanguage and Metamessages Hidden Agendas	CH 7 Assignment 5
Week 6 MAR 24	Transactional Analysis	Assignment 6
Week 7 MAR 31	Spring Break	HAVE FUN
Week 8 APR 7	Assertiveness Training	CH 10 Assignment 7
Week 9 APR 14	Fair Fighting	CH 11&12 Assignment 8
Week 10 APR 21	Validation Strategies Negotiations	CH 13&14 Assignment 9
Week 11 APR 28	Prejudgment Making Contact	CH 15 Assignment 10
Week 12 MAY 5	Couples Skills	CH 16&17 Assignment 11
Week 13 MAY 12	Communication with Children Family Communications	CH 18&19 Assignment 12
Week 14 MAY 19	Public Speaking Interviewing	Assignment 13
Week 15 MAY 26	Vision Board Presentations	Reflection Paper Due
Week 16 JUN 2	Final Review	All extra-credit and late Assignments due!
Week 17 JUN 9	FINAL	

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