

### Basic Course Information

Semester:	<b>FALL 2025</b>	Instructor Name:	<b>Roxanne Morales</b>
Course Title & #:	<b>PSY 144 The Psychology of Interpersonal Relationships</b>	Email:	<b>Roxanne.morales@imperial.edu</b>
CRN #:	<b>10386</b>	Webpage (optional):	<b>www.imperial.edu</b>
Classroom:	<b>Online</b>	Office #:	<b>203 E</b>
Class Dates:	<b>August 11th-December 6th</b>	Office Hours:	<b>Tuesdays &amp; Thursdays 11 AM-1 PM online via Zoom</b>
Class Days:	<b>Online</b>	Office Phone #:	<b>760-355-6136</b>
Class Times:	<b>Online</b>	Emergency Contact:	<b>Elvia Camillo 760-355-6144</b>
Units:	<b>3.0</b>	Class Format/Modality:	<b>Asynchronous Online</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)

### Course Prerequisite(s) and/or Corequisite(s)

*None*

### 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.
2. Create positive affirmations.
3. Practice positive affirmations.

### 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.



IMPERIAL VALLEY COLLEGE

## Textbooks & Other Resources or Links

Jason S. Wrench, Narissra M. Punyanunt-Carter and Katherine S. Thweatt. 2020. *Interpersonal Communication: A Mindful Approach to Relationships*. Creative Commons. ISBN: 978-1-942341-77-2;  
<https://milneopentextbooks.org/interpersonal-communication-a-mindful-approach-to-relationships/>

## Course Requirements and Instructional Methods

*Discussions: The instructor provides a thought-provoking question, case study, or scenario related to the course content. The Initial Response – Students write and submit their response, often requiring critical thinking, personal insights, and references to course materials. The Peer Interaction – Students reply to at least one or more classmates to build discussion, challenge ideas, or offer additional perspectives. The Evaluation Criteria – Responses are often graded based on depth of thought, engagement with peers, relevance to the topic, and writing quality.*

*Mid-Term and Final Exam: Exam will cover chapters and course material throughout the semester. The Midterm and Final exams are 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 will be given without prior notification and/or documentation of an emergency.*

*Quizzes: 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. 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.*

*Relationship Improvement Strategy: This semester, students will choose one relationship to improve and apply strategies we cover in class. Students will be required to keep a 10-page journal documenting what they did, how the other person responded, and their reflections. Students will Spread their entries out over the semester and follow the instructions carefully for full credit.*

*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.*

## Course Grading Based on Course Objectives

<i>Discussions: 260 (13 @20)</i>	<i>A</i>	<i>90%-100%</i>
<i>Journal Check-Ins: 100 (5 @ 20 pts)</i>	<i>B</i>	<i>80%-89%</i>
<i>Quizzes/Concept Review 130 (13 @10 pts)</i>	<i>C</i>	<i>70%-79%</i>
<i>Midterm: 50 (1 @ 50 pts)</i>	<i>D</i>	<i>60%-69%</i>
<i>Final: 100 (1@100 pts)</i>	<i>F</i>	<i>59% and below</i>

## Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.



## Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

## Course Policies

*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 (!!!!)].*

*Disruptive Students: Students who disrupt or interfere with an online class may be sent to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.*

*Examples of Academic Dishonesty that can occur in an online environment:*

- *Copying from others on a quiz, test, examination, or assignment;*
- *Allowing someone else to copy your answers on a quiz, test, exam, or assignment;*
- *Having someone else take an exam or quiz for you;*
- *Conferring with others during a test or quiz (if the instructor didn't explicitly say it was a group project, then he/she expects you to do the work without conferring with others);*
- *Buying or using a term paper or research paper from an internet source or other company or taking any work of another, even with permission, and presenting the work as your own; Using AI Tools to complete coursework;*
- *Excessive revising or editing by others that substantially alters your final work;*
- *Sharing information that allows other students an advantage on an exam (such as telling a peer what to expect on a make-up exam or prepping a student for a test in another section of the same class);*
- *Taking and using the words, work, or ideas of others and presenting any of these as your own work is plagiarism. This applies to all work generated by another, whether it be oral, written, or artistic work. Plagiarism may either be deliberate or unintentional.*

## Other Course Information

*Have access to tutoring services in the Study Skills Center as well as private study rooms for small study groups. There is more to our library than just books!*

Updated 11/2024



IMPERIAL VALLEY COLLEGE

- *Career Services Center.* Links to an external site. The Career Services Center is dedicated to serve all IVC students and Alumni. Services include Career Assessments, Resume and Cover Letter Assistance, Interview Preparation, Internship Opportunities and Job Placement.

## Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at [finaid@imperial.edu](mailto:finaid@imperial.edu).

## 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 or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Orientation	Complete Orientation Module
Week 2	CH 1: Introduction to Human Communication	Discussion 1 Quiz 1
Week 3	CH 2: Overview of Interpersonal Communication & Chapter 3: Intrapersonal Communication	Discussion 2 Quiz 2
Week 4	Chapter 4: Verbal Elements of Communication	Discussion 3 Journal Check in 1 Quiz 3
Week 5	Chapter 5: Nonverbal Communication	Discussion 4 Quiz 4
Week 6	Chapter 6: Cultural and Environmental Factors in Interpersonal Communication	Discussion 5 Quiz 5
Week 7	Chapter 7: Talking and listening	Discussion 6 Quiz 6
Week 8	Midterm	Journal Check in 2
Week 9	Chapter 8: Building and Maintaining Relationships	Discussion 7 Quiz 7
Week 10	Chapter 9: Conflict in Relationships	Discussion 8 Quiz 8
Week 11	Chapter 10: Friendship Relationships	Discussion 9 Quiz 9
Week 12	Chapter 11: Family & Marriage Relationships	Discussion 10 Journal Check in 3 Quiz 10
Week 13	Chapter 12: Interpersonal Communication in Mediated Contexts	Discussion 11 Quiz 11
Week 14	Chapter 13: Interpersonal Relationships at Work	Discussion 12 Journal Check in 4



Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
		Quiz 12
Week 15	Chapter 14: The Dark Side of Interpersonal Communication	Discussion 13 Journal Check in 5 Quiz 13
Week 16	Thanksgiving Break	All late work due!
Week 17	Final	Relationship Improvement Strategy Due

**\*\*\*Subject to change without prior notice\*\*\***