

FCSF/PSY 235: Relationship and Development

Winter Quarter 2007 MWF 10-10:50 AM 3 Credits Room #: 221 Michaelsen	Mrs. Tabitha Snyder Michaelsen 328 Email: snydert@cwu.edu Phone: 963-2785	Office Hours: M W & F: 11-11:50am Or by Appointment Room #: Michaelsen 328
---	---	---

Course Description:

In this class you will have the opportunity to complete an exploration of self-awareness, self-esteem, and the ongoing development of healthy and effective interpersonal communication skills. Major focuses include interaction patterns in personal and professional relationships, responsibilities of self, appreciation for diversity, and creating “maps” for positive and productive relationships.

Course Objectives:

1. Understanding what leads to a healthy relationship with self.
2. Identify the personal and professional benefits of positive human relationships.
3. Become familiar with the skills needed to engage in healthy relationships
4. Define and practice healthy communication processes.
5. Discover ways communication in family and personal relationships can be improved.
6. Compare and contrast the characteristics of healthy and unhealthy human relationships.
7. Explore factors that contribute to both healthy and unhealthy aspects of your own relationships.

Required Texts:

Hanna, S.L. (2003). *Person to person: Positive relationships don't just happen* (4th ed.). New Jersey: Prentice Hall.

Hendrick, S.S. (2004). *Understanding close relationships*. Boston: Pearson Education Inc.

Class Policy

- The schedule and course syllabi can be changed at anytime during quarter.
- All papers need to be professional in manner. **All reports will follow the APA format.** If information from a printed source is used the appropriate references should be included.
- Papers need to be turned in **by 5pm to my office the day they are due (no emails will be accepted)**. No assignments will be accepted after 5pm on the day they are due.
- Make-up for assignments: Part of professional development is providing reports and other materials on time. Under normal circumstances, make up assignments will not be accepted, unless otherwise arranged in advance.

Course Requirements:

1. **Attendance: Attendance will be taken every class.** Five points will be given for attending and participating in class. Attendance points **can not** be made up. I understand that life happens and sometimes you must miss a class, remember that non-attendance is

not an excuse for being uninformed about class material. Plan ahead, if you can not make class please arrange to acquire class notes and announcements from someone in class.

2. **Journaling:** There will be a total of seven journals due. Journals can be an effective tool to enhance student learning and simultaneously provide the instructor with unique insight into student's mental processes. Journaling will allow you to be more expressive, assist in process thoughts, and allow you to create meaning from the information being learned. Reflective writing will be due every Friday. Journals are to be two to three pages in length, typed, with name, date, and journal topic in the top left hand corner. Each journal will be worth 15 pts. (Topics will be assigned at a latter date.)
3. **Quizzes:** There will be weekly reading quizzes. Each quiz will occur on Friday. Quizzes are to insure you are reading the assigned readings each week. Quizzes will strictly cover material from the chapters assigned that week as well as materials covered in lecture. Quizzes will be multiple choice, true and false, short answers, or matching. Each quiz is worth 10pts.
4. **Movie Analysis Paper:** There will be one movie analysis due. This is an inquiry and investigation about fictional characters significant relationships in their lives. You will watch a movie in class and then be asked to analyze two characters relationships utilizing information from your textbooks, class activities, and your own experiences. This paper will be 3-4 pages in length and APA format is required. Criteria and rubric to be assigned at a latter date. Worth 50 pts.
5. **Relationship Analysis Paper:** There will be on relationship analysis paper due. This is an inquiry and investigation about a significant relationship in **your** life. You will utilize information from the textbooks, class activities, and your own experiences. This paper will be 5-7 pages in length and APA format is required. An outline and rubric will be assigned latter. Worth 100 pts.
6. **Late work is not accepted.**
7. **Extra Credit:** Through out the quarter there will be opportunity for extra credit as the instruct sees relevance to class materials.

Course Grading:

Your grade will be based on the total number of points you can earn on the required assignments and tests.

A = 93-100%	C+ = 78-79%	D- = 60-62%
A- = 90-92%	C = 73-77%	F = 0-59%
B+ = 88-89%	C- = 70-72%	
B = 83-87%	D+ = 68-69%	
B- = 80-82%	D = 63-68%	

Non-attendance could lower your grade

Attendance/Participation	215 points
Reflective Journaling	105 points
Quizzes	80 points
Movie Analysis Paper	50 points
Relationship Analysis Paper	100 points

Academic Integrity: Students at Central Washington University are required to observe the commonly accepted standards of academic honesty and integrity. Please refer to the university catalog for a description of the academic ethics policies. Academic dishonesty includes, but is not limited to: cheating on tests, copying from another student's test paper; using unauthorized materials during a test, unauthorized collaboration on tests and assignments, plagiarism, and collusion. Honesty in your academic work will develop into professional integrity. (from Blieszner, R. (1996). FCD 3004 Human Development: Adulthood and Aging). The faculty and students of CWU will not tolerate any form of academic dishonesty.

Schedule:

The schedule is subject to change. Please attend class so you are aware of the updated schedule.

Date	Readings	Assignments
1-3 W	<ul style="list-style-type: none">• Introduction	
1-5 F	<ul style="list-style-type: none">• Knowing and valuing yourself	Ch. 1 Person to Person (PTP)
1-8 M	<ul style="list-style-type: none">• Understanding yourself (Personality)	Ch. 2 PTP
1-10	<ul style="list-style-type: none">• Gender	Ch. 10 Understanding Close Relationships (UCR)
1-12	<ul style="list-style-type: none">• Value and Moral Development	Ch. 3 PTP Quiz 1 Journal 1 due
1-15 M	<ul style="list-style-type: none">• No class	
1-17	<ul style="list-style-type: none">• Experiencing and Expressing Emotion• Managing Stress and Anger	Ch. 5 PTP
1-19	<ul style="list-style-type: none">• Achieving Happiness and Satisfaction	Ch. 4 PTP Quiz 2 Journal 2 due
1-22 M	<ul style="list-style-type: none">• Becoming a Good Listener	Ch 6 PTP
1-24	<ul style="list-style-type: none">• Communication• Verbal• Non verbal	Ch 7 PTP Ch 8 PTP

1-26	<ul style="list-style-type: none"> • Cont 	Quiz 3 Journal 3
1-29 M	<ul style="list-style-type: none"> • Communication and Relationship Maintenance 	Ch 6 UCR
1-31	<ul style="list-style-type: none"> • Fighting Fair 	
2-2	<ul style="list-style-type: none"> • Wrap up 	Quiz 4 Journal 4
2-5 M	<ul style="list-style-type: none"> • Family Relationships 	Ch 11 PTP
2-7	<ul style="list-style-type: none"> • Attraction/Mate Selection/Relationship Development 	Ch 2 UCR
2-9	<ul style="list-style-type: none"> • Cont/small lesson on APA 	Journal 5 Quiz 5
2-12 M	<ul style="list-style-type: none"> • Movie 	Handout Assignment Due 2-21-2006
2-14	<ul style="list-style-type: none"> • Movie 	
2-16	<ul style="list-style-type: none"> • Movie 	
2-19 M	<ul style="list-style-type: none"> • No Class 	
2-21	<ul style="list-style-type: none"> • Friendship and social support 	Ch 3 UCR Movie Analysis Due
2-23	<ul style="list-style-type: none"> • Love and Intimacy 	Ch 4 UCR Journal 6 Quiz 6
2-26 M	<ul style="list-style-type: none"> • Relational Sexuality 	Ch 5 UCR
2-28	<ul style="list-style-type: none"> • Career 	Ch 10 PTP
3-2	<ul style="list-style-type: none"> • Diverse Relationships 	Ch 9 UCR Journal 7 Quiz 7
3-5 M	<ul style="list-style-type: none"> • Breakup, Divorce and Bereavement 	Ch 8 UCR
3-7	<ul style="list-style-type: none"> • Wrap up/Work day 	
3-9	<ul style="list-style-type: none"> • Wrap up/Work day 	Quiz 8 Final Paper Due
Finals Week		Return Papers And quizzes