

### Basic Course Information

Semester:	<b>Spring 2018</b>	Instructor Name:	<b>Veronica Landeros</b>
Course Title & #:	<b>Psy 144: The Psychology of Interpersonal Relationships</b>	Email:	<b>veronica.landeros@imperial.edu</b>
CRN #:	<b>21263</b>	Webpage (optional):	<b><a href="https://imperial.blackboard.com/">https://imperial.blackboard.com/</a></b>
Classroom:	<b>CEN</b>	Office #:	<b>Part Time Office: Room 809</b>
Class Dates:	<b>02/12/18-06/08/18</b>	Office Hours:	<b>Available by Appointment</b>
Class Days:	<b>Thursdays</b>	Office Phone #:	<b>760-355-6144</b>
Class Times:	<b>1630-1940</b>	Emergency Contact:	<b>760-455-2569</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)

*“Truth is, I’ll never know all there is to know about you just as you will never know all there is to know about me. Humans are by nature too complicated to be understood fully. So, we can choose either to approach our fellow human beings with suspicion or to approach them with an open mind, a dash of optimism and a great deal of candor.”*

-Tom Hanks

### Student Learning Outcomes

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

Identify positive affirmations (ILO1, ILO2, ILO3, ILO5)

Create positive affirmations (ILO1, ILO2, ILO3, ILO5)

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

Interpersonal Communication: Everyday Encounters; Julia T. Wood; Cengage Learning; 8<sup>th</sup> edition 2016

## Course Requirements and Instructional Methods

Students are expected to comply with the following classroom norms:

1. Arrive to class on time, with all electronic equipment turned off and put away.
2. Remain in the classroom during each class session until excused by the instructor.
3. Be respectful of fellow students, the instructor, and any guests.
4. Maintain confidentiality of information shared by fellow students.
5. Actively listen during class, and participate in class activities and/or discussions.
6. Use English for all course-related activities, on and off campus.

Method of Evaluation: Class Activities, Attendance, Mid –Term, Quizzes, Final, Problem Solving Exercise, Written Assignments.

Instructional Methodology: Audio visual, Demonstration, Discussion, Group Activity, Lecture

### Out of Class Assignments:

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. There will also be periodic Thought Papers assigned throughout the semester.

### Reading and Writing:

Reading assignments include assigned text readings; current articles and/or sources from the internet. Students will write an autobiography and complete Thought Papers throughout the semester.

## Web-Enhancement

This course is presented in a web-enhanced format, available through the Imperial Valley College Distance Education Program. For more information regarding the IVC online Blackboard system go to <https://imperial.blackboard.com/>

## Course Grading Based on Course Objectives

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:

50 Class Participation	360-400 = A
150 Test and Quizzes	320-359 = B
50 Autobiography	280-319 = C
50 Thought Papers	240-279 = D
100 Notebook	239 & Below = F

**400 Total Possible**

## 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.

Students are expected to attend all class sessions and to arrive to class on time, with all electronic devices turned off and put away. Since participation in classroom work and discussion is an important part of this course, students will have **10 points deducted** from their class points for each unexcused absence. Students having three unexcused absences may be dropped from the class. Students who are tardy three times will be considered as having been absent once. Absences attributed to the representation of the college at officially approved conferences and contests and attendance upon field trips will not be counted as absences.

**LEAVING CLASS:** Students are expected to remain in the classroom throughout the entire class session. Students leaving the class early, or just briefly, without prior instructor approval, will have **points deducted** from their class points.

**CELL PHONES and ELECTRONIC DEVICES:** Cell phones and electronic devices must be turned off and put away during class. Cell phones ringing during class and all electronic devices not put away will be held by the instructor until the end of class.

### Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor. **ELECTRONIC DEVICES WILL NOT BE TOLERATED.**
- 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.

**\*\*STUDENTS WHO DO NOT COMPLY WILL BE ASKED TO LEAVE.\*\***

### Netiquette

Netiquette is a combination of the words "network" and "etiquette." Basically, it describes things you should and shouldn't do while communicating with other people online. This is especially important in a classroom environment. Here are some examples:

### 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. **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.

### Accessibility

Every effort has been made to ensure that this course is accessible to all students, including students with disabilities. If you encounter a problem accessing any portion of this course, please contact the instructor immediately.

### Office Hours

The instructor's office hours are as follows:

Available by appointment

Students are encouraged to contact the instructor at any time during the semester via email at [veronica.landeros@imperial.edu](mailto:veronica.landeros@imperial.edu) or by telephone at 760-455-2569.

### Withdrawal From the Course

It is the responsibility of the student to officially withdraw from the course through the Office of Admissions and Records. **Maintain control of your own records. As soon as you know you will not be attending a class, DROP IT by using WebSTAR.**

You will receive grades of F for courses you are no longer attending and have not dropped and those grades will remain on your transcript forever.

Give your fellow students a break. Others may be trying to register for a class you know you will not be attending; drop it so they may be able to take it.

**DO NOT RELY ON ANYONE ELSE; PROTECT YOUR RECORDS.** Instructors MAY drop for nonattendance, but many do not. You are responsible for all classes for which you register. Do not assume you will be dropped for nonattendance. The failing grades you receive will not be changed because you quit

attending. The following deadlines are for full-term classes. Short-term classes have unique deadlines – contact the Admissions and Records Office.

Deadline to drop without owing fees and/or be eligible for a refund ***February 28***.

Deadline to drop full-term course without appearing on your transcript ***March 1***.

CAUTION: Do Not Wait until these deadlines to drop. Some fall on days when the College is closed. If you have problems, no one will be available to assist and exceptions will not be made because you did not drop on time.

WebSTAR Instructions:

1. Follow the instructions for “Register or Add Classes” until you reach the Add/Drop Classes screen.
2. Click on the arrow in the Action box of the class you wish to drop. The drop status possible for the course at the time you are attempting to drop will be displayed. Click on that status.
3. Click on Submit Changes.
4. Verify you completed the process correctly by reviewing your schedule. See the later section on Review and/or Print Your Schedule.
5. Review your fees. See later section on Review Fees

**IMPORTANT:** You must be an active participant in the course. If you do not turn in any assignments for two weeks without contacting the instructor, you may be dropped from the course

### **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 and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 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

*The instructor will provide a tentative, provisional overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format may be useful for this purpose.]*

Date or Week	Activity, Assignment, and/or Topic
Week 1 February 12	Syllabus & Introduction
Week 2 February 19	Chapter 1
Week 3 February 26	Chapter 2
Week 4 March 5	Chapter 3
Week 5 March 12	Chapter 4
Week 6 March 19	Chapter 5
Week 7 March 26	Chapter 6
Week 8 April 2	<b>SPRING BREAK!!!</b>

<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>
Week 9 April 9	Chapter 7
Week 10 April 16	Chapter 8
Week 11 April 23	In-Class Activity
Week 12 April 30	Chapter 9
Week 13 May 7	Chapter 10
Week 14 May 14	Chapter 11
Week 15 May 21	Chapter 12
Week 17 May 28	Final Review
Week 18 June 4	<b>FINAL</b>

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