

9-2013

## PSYX 291.01B: Intimate Relationships

Sara Polanchek

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**Course Title: Intimate Relationships**

**Course:** COUN 242/WGS 295/PSYX 291

**Schedule:** Tuesday 11:10 – 12:30 and Thursdays 11:10 – 12:00

**Lab:** TBA

**Location:** Phyllis J. Washington College of Education Building, Room 123

**Semester:** Fall 2013

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**Instructor:** Sara Polanchek, LCSW

**Office Location:** Education Building, 109-D  
(PJWCoEHS 109-D)

**Office Hours:** Mondays, 2 - 3, Wednesdays, 1-3:00 and other times by appointment

**Email:** sara.polanchek@umontana.edu

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**Course Description:**

This course covers the fascinating, multi-faceted world of intimate relationships and explores the topic from empirical and theoretical perspectives. The examination of intimate relationships in this course will look at the subject through cultural, biological, social and developmental lenses and will explore specific topics such as attraction, communication, friendship, sexuality, love, conflict, power and violence, loss, social cognition, and repairing relationships.

**Required Text:** Miller, R. S. (2012). *Intimate Relationships* (6<sup>th</sup> Edition). New York, NY: McGraw-Hill Companies, Inc.

**Course Objectives:**

- Develop an understanding of the empirical and theoretical study of intimate relationships, research methods involved in this field of study, the strengths and limits of research and theory, and research findings on intimacy.
- Gain knowledge and understanding of cultural, biological, and evolutionary perspectives of intimacy.
- Increase understanding of your personal view of intimate relationships, factors that inform this view, and how it may be similar to or different from societal views of the present and/or past.
- Increase awareness of cultural differences regarding intimate relationships and the implications of these differences on the individual and society.

**Course Format:**

- Lecture/Guest Lecture
- Small group activities
- Video presentations
- Exams
- Lab

**Expectations:**

Attending classes is expected and in order to obtain the grade you want (unless you want a poor grade) consistent attendance is necessary. Frequently, there will be information presented in lectures that is not in your text and this material will appear on tests. The class content, Intimate Relationships, covers what are likely sensitive topics to some people and participation in discussion of these topics is encouraged. However, given the large size and open forum nature of the class, confidentiality cannot be guaranteed in class. Therefore, using good judgment is encouraged if/when students share personal information related to subject matter in class. There is no expectation for you to share your personal experiences with other students in the class related to intimate relationships. Information you share in written assignments that are turned into the instructor or teaching assistant will be confidential from other students in the course.

**Student Conduct:**

Students are expected to be respectful of fellow students and the class in general. All students should be familiar with and follow the University of Montana conduct code found

at: [http://life.umt.edu/vpsa/student\\_conduct.php](http://life.umt.edu/vpsa/student_conduct.php)

Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary action by the University.

All cell phones are expected to be turned off during class time. Furthermore, the use of a cell phone or similar technological device during a test or quiz is grounds for investigation of academic dishonesty.

**Incompletes:**

University policy regarding “incompletes” do not allow changing “incomplete” grades after one year has passed since the “I” was granted.

**Disabilities and Special Learning Needs:** It is your responsibility to inform your instructor, at the outset of this course, of any disability and the ways that you and the DSS have determined are necessary to accommodate your needs. Their office is in the Lommasson Center 154 and online

at <http://life.umt.edu/dss>

**Announcements:**

Students are responsible for any announcements made in class. These may include changes in policy, due dates, or assignment requirements.

**Add/Drop:** Please note that you must drop this class or change your grading option before the add/drop deadline (see academic calendar for date). After this date, petitions will be approved only in the case of documentable emergencies.

**Pass/No Pass:** For students taking this course P/NP, a P is a grade of A, B, or C. A NP is a grade of D or F.

**Make-Up Policy:**

Because this course allows for one dropped test score and multiple extra credit opportunities, there will not be the opportunity to make-up assignments. This policy includes university sanctioned activities.

### **Grading Procedures and Course Assignments:**

Student evaluations (or grades) are based on in-class assignments, exams, a paper, and completion of the lab requirements.

A = 93-100%; A- = 90-92%; B+ = 87-89%; B = 83-86%; B- 80-82%;  
C+ = 77-79%; C = 73-77%; C- = 70-72%; D+ = 67-69%; D = 63-66%;  
D- = 60-62%; F = Below 60%

There are a total of **500 points** for this class (See “Assignments” section of syllabus).

### **Exams:**

All exams will be multiple-choice. You will need to bring an NCS Scantron Sheet 50/50 form No. 95142 and a #2 pencil to each exam. Scantron forms can be purchased at the UC Bookstore or the Think Tank for 15 cents. Be on time for exams because no student will be allowed to start once another student has completed the exam and left the room.

### **What can I expect on the exams?**

Lectures will follow the chapters in the book but will potentially contain extra material presented in class that is not in the book. Exam questions will include material from the text and material covered in lecture, whether it was in the text or not. Therefore, it is important for you to both read the text and attend lectures.

### **Assignments:**

#### **1. Intimacy Papers (1 and 2)**

Your first assignment is to write a 1-page paper on the value of relationships. Further instructions for this paper will be given in class. This is an in-class assignment completed on the first day of class. At the end of the semester you will write another paper, the details of which will be given in class. The second definition should be 1 page, typed, and double spaced, and is due on **December 5th.**

**(50 points total, 25 points each)**

For the second assignment, no papers will be accepted after **December 5th.**

#### **2. Quizzes**

There will be short, in-class quizzes 10 times during the semester. The content of the quizzes will be related to readings due at that time in class. The purpose of these quizzes is to encourage personal reflection on class content, evaluate understanding of content, and to monitor attendance. **(100 points total, 10 points each)**

#### **3. Exams**

There will be 5 exams for the course that will consist of multiple choice, true/false, matching questions, and short answer questions. Content of exams will include readings and any material covered in class. At the end of the semester, your lowest test score will be dropped. **(200 points total, 50 points each)**



#### 4. **Experiential Lab (125 points).**

This course includes an experiential component consisting of **four** options. You can list your first, second, and third choices of lab options (form will be provided in class on September 3rd), and we will do our best to accommodate your choice, but cannot promise first choices.

- a. **Individual counseling/consultation lab** – This Lab requires that you attend **8** individual counseling/consultation sessions with a Counselor Education graduate student. The sessions will be 50 minutes each and you will need to attend **all 8 sessions** to receive credit for this assignment. The student counselor will not inform me or the teaching assistant of the content of your sessions. These sessions are an opportunity for you to explore the content of the course as it relates to your personal life and the sessions will be focused on personal relationships. Your student counselor will sign a verification slip indicating that you have completed the lab requirements and I must receive this verification slip **signed by you and your counselor no later than December 3rd** in order for you to receive credit. To participate in this option, **you must submit your schedule availability** to Sara Drake at [sara.nicole.drake@umontana.edu](mailto:sara.nicole.drake@umontana.edu) by **September 19th**. NOTE: If your schedule is NOT submitted by this date, you will not be able to participate in the individual counseling lab option. Also, if you are seeing an individual counselor during the current semester, you will need to choose one of the other three lab options. Please speak with your instructor if this is the case.
- b. **Small group relationship discussion lab** - The small group Lab will focus on relationship skills and group discussion of relationship topics led by Counselor Education graduate students. The small group lab consists of **6** sessions of 1 hour and 30 minutes each. If an emergency occurs and you miss a lab, there will be a make-up assignment for the lab that includes writing a paper and viewing a video on the content of the lab missed. Your student counselor will sign a verification slip indicating that you have completed the lab requirements and I must receive this verification slip **signed by you and your counselor** no later than **December 3rd** in order for you to receive credit. In order to participate in this option, **you must submit your schedule availability** to Sara Drake at [sara.nicole.drake@umontana.edu](mailto:sara.nicole.drake@umontana.edu) by **September 19th**. NOTE: If your schedule is NOT submitted by this date, you will not be able to participate in the group discussion lab option. The scheduling process for individual/group labs will be explained in class.
- c. **Experiential research hours** – This option requires that you work with Kim Brown Campbell, EdD to develop a track of attendance at events or seminars on campus that relate directly to topics covered in class throughout the semester. Attendance at events or seminars will need to total 20 hours and short reaction papers will be required for each event attended. If you choose this option, please email Dr. Brown Campbell at [Kimberly.campbell@umontana.edu](mailto:Kimberly.campbell@umontana.edu) by **September 19th** to schedule a time to discuss your plan.
- d. **Writing Assignment** – This option requires that the student explore relationship history, challenges, hopes, etc. by writing **five** 2-3 page reflection papers. I will read your reflection papers, make some comments and return them to you. These papers should be typed, double spaced, and clearly articulated. I will be looking for the thought you put into your writing, and that you really reflect on your experiences in relationships. The topics that you choose to write about could come from topics discussed in class that you found meaningful, or could simply be a reflection of what you have learned so far in class as it applies to your own life.

Because this is an assignment that requires you to reflect on your learning and personal experiences, there is some latitude for when you turn in the five papers, however, I will not accept all five near the end of the semester. (\*\*You **must** turn in 3 of the 5 papers by **October 22nd** to receive credit for this assignment). You will be held responsible for turning in the papers sporadically throughout the semester. **No** papers will be accepted after **December 3rd** and all papers must be completed to receive credit. There is no partial credit for turning in a few, but not all, of these papers.

**5. Extra Credit (25 points).**

There will be one opportunity to receive extra credit. Surveys of varying content will be administered the first week of the semester and again toward the end of the semester. These surveys are for research purposes and will take approximately 30 minutes to complete. There will not be a penalty if a student chooses not to participate; however, **BOTH** surveys (pre-test and post-test) will need to be completed to receive credit. Further explanation of this process will be provided in class.

**6. Additional Assignments (25 points)**

Throughout the semester there will be additional assignments that will be given at the instructor's discretion. Some of these assignments may be done in class. There will be no make-up opportunities.

**TENTATIVE COURSE SCHEDULE**

**Note:** Assigned Readings should be read before the class date for which they are listed.

\*\*The course schedule of assignments may change as needed and these changes will be announced in class\*\*

<b>Date</b>	<b>Topic of the Day</b>	<b>Assignment</b>
<b>Week 1:</b> Aug. 27	Introduction to course. Review syllabus. Overview of expectations and class assignments. 1 <sup>st</sup> Paper	<b>Intimacy Paper Due</b>
Aug. 29	The Building Blocks of Relationships	Ch. 1
<b>Week 2:</b> Sep. 3	Lab sign-up, extra credit survey	
Sep. 5	The Building Blocks of Relationships	Ch. 1
<b>Week 3:</b> Sep. 10	Attraction	Ch. 3
Sep. 12	Attraction	Ch. 3
<b>Week 4:</b> Sep. 17	<b>EXAM 1</b>	Ch. 1, 3
Sep. 19	Social Cognition	<b>Ch. 4 (Availability for Individual Counseling Due)</b>

<b>Week 5:</b> Sep. 24	Communication	Ch. 5
Sep.26	Communication	Ch. 5
<b>Week 6:</b> Oct. 1	Interdependency	Ch. 6
Oct. 3	Friendship	Ch. 7
<b>Week 7:</b> Oct. 8	<b>EXAM 2</b>	Ch. 4, 5, 6, 7
Oct. 10	Love	Ch. 8
<b>Week 8:</b> Oct. 15	Love	Ch. 8
Oct. 17	Sexuality	Ch. 9
<b>Week 9:</b> Oct. 22	Sexuality	Ch. 9
Oct. 24	<b>EXAM 3</b>	Ch. 8, 9
<b>Week 11:</b> Oct. 29	Stress and Strains	Ch. 10
Oct. 31	Stress and Strains	Ch. 10
<b>Week 12:</b> Nov. 5	Conflict	Ch. 11
Nov. 7	Conflict	Ch. 11
<b>Week 13:</b> Nov. 12	Power and Violence	Ch. 12
Nov. 14	Power and Violence	Ch. 12
<b>Week 14:</b> Nov. 19	<b>EXAM 4</b>	Ch. 10, 11, 12
Nov. 21	Dissolution and Loss	Ch. 13
<b>Week 15:</b> Nov. 26	Dissolution and Loss	Ch. 13
Nov. 28	<b>No Class - Thanksgiving Break</b>	
<b>Week 16:</b> Dec. 3	Maintaining and Repairing Relationships	Ch. 14 ( <b>Lab Verification Slips Due</b> )
Dec. 5	Maintaining and Repairing Relationships	Ch. 14 ( <b>2nd Intimacy Paper Deadline</b> )
<b>Final Exam Week</b> <b>Dec.</b> <b>10:10-12:10</b>	<b>EXAM 5</b>	Ch. 13, 14

Individual/ Group Lab Verification Form

Name of Student \_\_\_\_\_

Name of Counselor \_\_\_\_\_

Date \_\_\_\_\_

By signing below, I am indicating that I have attended \_\_\_\_ sessions of counseling/consultation with a Counselor Education Counselor or individual counselor. **In order to receive full credit, you must attend 6 sessions for group or 8 sessions for individual counseling.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Counselor Signature

\*\*\*This form must be signed by both student and counselor and turned in to Alissa no later than **December 3, 2013**. This form is the only evidence that you have completed the consultation requirement and is necessary to earn credit for the assignment



## Individual/Group Lab

1. Have personal goals that you can bring to the counseling/consultation sessions. Because this counseling option is available via the Intimate Relationships course, focus on addressing issues related to your personal relationship with friends, partners, significant others, family, etc.
  - e. Expectations:
    - a. If you show up more than 15 minutes late you are considered **absent** for that meeting.
    - b. Call for cancellation/reschedule 24 hours in advance if you can't make a session for a legitimate reason. **Three cancellations will result in you losing credit for this assignment.**
    - c. **Failure to attend twice without calling will result in you losing credit for this assignment.**

\*Details of location of the Lab will be provided by your individual counselor or in-class for the group Lab.