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COUN 242S.01: Intimate Relationships

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COUN 242 – Intimate Relationships
University of Montana Department of Counseling
Autumn 2022 Course Syllabus

Instructor:

Sabina Sabyrkulova, M.A., LCPC, NCC

Email: sabina.sabyrkulova@umontana.edu

Office Hours: By request via email

Teaching Assistant:

Kanbi Knippling, M.S.

Email: kanbi.knippling@umconnect.umt.edu

Office Hours: By request via email

Class Location and Time:

Tuesdays 11:00 am -12:20 pm

Thursdays 11:00am-11:50am

Location: EDUC 123

Required Text:

Johnson, V. I., Parrow, K. K., & Polanchek, S. A. (Eds.) (2022). *Intimate relationships: Skills and strategies that lead to success*. Cognella.

Course Description:

This course covers fundamental concepts and insights from across the social sciences. It invites you to explore your style in intimate relationships, and inspires making healthy choices in intimate relationships. 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, breakups, and repairing relationships.

Course Objectives:

- Develop a clear understanding of intimate and family relationship dynamics as they exist in today's society, specifically addressing gender roles and societal pressures.
- Develop an understanding of one's individual style in relationships and how this affects the kinds of connections one makes with others.
- Develop a multi-culturally sensitive view of different types of intimate relationships, including sexually diverse and inter-racial relationships, and be able to distinguish one's view from past and current societal norms.
- Understand the course of intimate relationships, from the beginning phases to the more mature levels of intimacy.

Expectations of Teaching and Learning:

As much as possible, this class will be held in person, and student attendance and participation are expected. The CDC's current (August 2021) guidelines are that persons should wear face coverings indoors, regardless of vaccination status. The expectation in this class is that all students, and instructors, will wear a mask covering their nose and mouth, until further guidance is provided. Relatedly, eating and drinking in class will be highly discouraged. If you need to request a reasonable accommodation, please speak with me privately.

Methods of instruction are as follows:

- Lecture/Guest Lecture
- Class Discussion
- Small group activities
- Video presentations
- Online learning as assigned
- Exams/Reflections
- Experiential Lab

Students with Disabilities Notice:

If you are a student with a disability and wish to discuss reasonable accommodations for this course, contact me privately to discuss the specific modifications you wish to request. Please be advised I may request that you provide a letter from Disability Services for Students verifying your right to reasonable modifications. If you have not yet contacted Disability Services, located in Lommasson Center 154, please do so in order to verify your disability and to coordinate your reasonable modifications.

Electronic Device Notice:

As a matter of courtesy to your classmates and the instructors, please silence cell phones and any other electronic devices that make noise.

Laptop Policy:

You are welcome to use your laptop in class for purposes of taking notes. Please be respectful of your classmates and the instructors, and do not engage in social networking, online chatting, or responding to emails during class.

E-mail Policy:

You are assigned a university e-mail account that will be used by instructors. Students should make every effort to get to know their account and check it regularly.

Diversity Statement:

This is meant to be a safe, welcoming, and inclusive classroom environment for students of all races, ethnicities, sexual orientations, gender identities/variances, ages, religions, economic classes, and ability statuses. As such, you will be encouraged and challenged to use language and demonstrate behaviors that are respectful, inclusive, representative and culturally appropriate.

Attendance and Participation:

Students are expected to attend all classes and participate in class discussions and group work. Attendance and participation are important aspects of this course, and you can expect that there will be information presented in class that will not appear in your text. While sensitive topics are presented and discussed in class, and participation and sharing are encouraged, the expectation is that you not feel compelled to share any personal information that leads to discomfort. Ideally, I would like to offer students confidentiality of information shared in class, however, due to the nature of the course, confidentiality cannot be guaranteed.

Expectations of Teaching and Learning:

This is an in-person class, and student attendance and participation are expected. If you face extenuating circumstances that prevent you from attending class in person, please communicate that to me as soon as reasonably possible to request an accommodation. Here's the current campus guidance for the fall semester as it relates to COVID-19:

- The university encourages COVID-19 vaccines and boosters, which are offered for both students and employees at the Health Services Pharmacy inside Curry Health Center.
- Masks are only required inside Curry Health Center and in some medical/research laboratories on campus. This requirement will be clearly posted. Required or not, we respect those choosing to wear a mask to reduce the spread of respiratory viruses.
- COVID testing for students is available at Curry Health Center. Free at-home tests can be [ordered online](#) or there may be tests available through the Health Services Pharmacy, call 243-5171.

Remote Learning Accommodations

In the event that you test positive or are exposed to a COVID-positive case and required to quarantine, a Zoom option is available to attend class. I ask that you only use this option for health-related reasons, as the best learning environment is when everyone is present in person. When attending class on Zoom, please be prepared to engage in class discussion, and ensure that your environment is free from distractions. Plan to have your video enabled, and your microphone muted except when you are speaking. Please notify me ahead of time if you need to attend class via Zoom so that I can be sure to engage you in class activities appropriately.

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:

<https://www.umt.edu/student-affairs/community-standards/student-code-of-conduct-2021-pdf>

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.

Announcements:

Students are responsible for any announcements made in class. These may include changes in policy, due dates, or assignment requirements. Please find someone in class you may contact in the event you miss class. If you fall ill, please reach out to me directly for any changes.

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. **Athletes should inform instructor of their schedule, and are responsible for contacting the instructor for prompts for any missed assignments.**

Land Acknowledgement:

The University of Montana resides on the traditional lands of many Indigenous peoples including the Selis (Salish), Ksanka (Kootenai), and Qlispe (Kalispel). Many other Indigenous peoples including the Amskapi Pikuni (Blackfeet), Nimiipuu (Nez Perce), Shoshone, Bannock, and Schitsu'umsh (Coeur D'Alene) also relied upon their traditional knowledge and relationships with this land and this space for survival in the past and today.

Action statement: We acknowledge that educational, health, and legal systems have led to the direct removal, oppression, and marginalization of Indigenous people throughout Montana and the nation. The University of Montana strives to improve education, service, and scholarship for all Indigenous peoples through actions aimed at respecting tribal sovereignty, empowering Indigenous scholars, and creating safe learning environments for all students to live, work, and learn together in equitable and positive ways.

–This statement was developed with the Leadership of Dr. Annie Belcourt (Blackfeet, Mandan, Hidatsa, Chippewa), Professor in the School of Community and Public Health Sciences



Assignments:

1. **Intimacy Papers (50 points total; 25 points each)**

Your first assignment is to write a 1/2 – 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 1-2 page, typed, and double spaced, and is due on **December 8th**. Regarding the second assignment, no papers will be accepted after **December 8th**.

2. **Reflections (100 points total, 10 points each)**

There will be short 10 reflections during the semester. These reflections will be content-base and will be announced that day in class. The content of the reflections will be related to readings (and/or lecture) due at that time in class. The purpose of these reflections is to encourage personal reflection on class content, evaluate understanding of content, and to monitor attendance.

3. **Exams (200 points total, 50 points each)**

There will be **5 multiple choice and short-answer exams** during the course. Content of exams will cover readings and any material covered in class. At the end of the semester, your lowest test score from exams 1-5 will be dropped. The final exam is **required**.

4. **Experiential Lab (100 points)**

Lab Coordinator: Dr. Sara Polanchek

Email: Sara.Polanchek@mso.umt.edu

This course includes an experiential component consisting of **two** options:

- 1.) **Individual counseling/consultation lab** – This Lab requires that you attend 8-10 individual counseling/consultation sessions with a Counseling graduate student. The sessions will be 50 minutes each and you will need to attend at least 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 or sent an email indicating that you have completed the lab requirements and I must receive this verification slip or email, signed by you and your counselor no later than **Friday, December 9th** in order for you to receive credit. To participate in this option, you must sign up with your schedule availability in class or around **September 8th** to ensure that you get the amount of hours needed.

****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 speak with your instructor.

- 2.) **Writing Assignment** – This option requires that the student explore relationship history, challenges, hopes, etc. by writing **eight** 2–3-page reflection papers. Sara Polanchek will read your reflection papers, make some comments and return them to you. These papers should be typed, double spaced, and clearly articulated. She 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, she will not accept all five near the end of the semester. (**You **must** turn in 4 of the 8 papers by **October 20th** 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 6th** 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. Attendance (25 points)

All students are expected to attend all class sessions for this Intimate Relationships Course. In case of emergencies and health related issues, please consult the instructor and TA for reasonable accommodations. Students may be absent for a total of two classes without any consequences on their grade. After that, two points will be deducted from their attendance per the class they were absent. If a student is absent for a total of five classes throughout the semester, they will lose all the points assigned for attendance.

6. Extra Credit (25 points)

There will be several opportunities to receive extra credit. Surveys of varying content will be administered the first or second 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. Other extra credit opportunities, if applicable, will be announced in class.

****Make-up exams will be given ONLY with prior approval of the instructor and/or ONLY in the event of a documentable emergency.*****

Total points possible for course: 475

Breakdown of points:

Intimacy papers (2): 50 points

Reflections (10): 100 points

Exams (5 – lowest score excluding final dropped): 200 points

Experiential lab: 100 points

Attendance: 25 points

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%

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.

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**

Date	Topics	Readings/Assignments
Week 1: Aug. 30 th	Introduction to course. Review syllabus. Overview of expectations and class assignments. 1 st Paper	First Intimacy Paper Due Midnight
Sep. 1 st	Forming Intimate Relationships Lab Review, extra credit survey, Lab sign-up	Ch. 1
Week 2: Sep. 6 th	Forming Intimate Relationships, cont'd	Ch. 1 Availability for Individual Counseling Due
Sep. 8 th	Technology and Modern Relationships	Ch. 2
Week 3: Sep. 13 th	The Self in Relationship	Ch. 3, Readings 3.1 & 3.2
Sep. 15 th	The Self in Relationship, cont'd Exam 1 Review	Ch. 3, Reading 3.3
Week 4: Sep. 20 th	EXAM 1: No Official Class	Chs. 1, 2, 3
Sep. 22 nd	Gender & Gender Socialization	Ch. 4, Readings 4.1 – 4.4
Week 5: Sep. 27 th	Sex & Sexuality <i>Possibly Guest Speaker</i>	Ch. 5, Reading 5.1, 5.2, & 5.3
Sep. 29 th	Healthy Communication	Ch. 6, Readings 6.1 & 6.2
Week 6: Oct. 4 th	Communication, cont'd Exam 2 Review	Ch. 6, Reading 6.3
Oct. 6 th	EXAM 2: No Official Class	Chs. 4, 5, & 6
Week 7: Oct. 11 th	Mastering Difficult Conversations	Ch. 7, Reading 7.1
Oct. 13 th	Difficult Conversations, cont'd	Ch. 7, Readings 7.2 & 7.3

Week 8: Oct. 18 th	Conflict Management and Relationship Repair	Ch. 8, Reading 8.1
Oct. 20 th	Conflict Management, cont'd	Ch. 8, Reading 8.2
Date	Topics	Readings/Assignments
Week 9: Oct. 25 th	Friendship Exam 3 Review	Ch. 9, Readings 9.1, 9.2, & 9.3
Oct. 27th	EXAM 3: No official class	Chs. 7, 8, & 9
Week 10: Nov. 1 st	Love, Intimacy, and Commitment	Ch. 10, Readings 10.1 & 10.2
Nov. 3 rd	Becoming Parents	Ch. 11, Reading 11.1
Week 11: Nov. 8 th	ELECTION DAY, NO CLASS	
Nov. 10 th	Power and Violence**	Ch. 12, Readings 12.1-12.4
Week 12: Nov. 15 th	EXAM 4: No Official Class	Chs 10, 11, & 12.
Nov. 17 th	Breakups	Ch. 13, Readings 13.1 & 13.2
Week 13: Nov. 22 nd	Breakups, cont'd	Ch. 13, Reading 13.3
Nov. 24th	THANKSGIVING DAY, NO CLASS	
Week 14: Nov. 29 th	Blended Families	Ch. 14, Reading 14.1
Dec. 1 st	Blended Families, cont'd	Ch. 14, Readings 14.2 & 14.3
Week 15: Dec. 6 th	Dating Later in Life and Growing Old Together	Ch. 15, Readings 15.1 – 15.3
Dec. 8 th	Course Review	2nd Intimacy Paper Due Course Evaluations Lab verifications/emails are due December 9th
FINALS WEEK: Dec.12 th – Dec. 16 th	EXAM 5: No Official Class Tuesday, Dec. 13th	Chs, 13, 14, &15.

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 at least 8 sessions for individual counseling.**

Student Signature

Counselor Signature

***This form must be signed by both student and counselor and turned in to your professor no later than **December 9th**. This form is the only evidence that you have completed the consultation requirement and is necessary to earn credit for the assignment

Experiential Lab Goals and Expectations

1. Goals:
 - a. 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 relationships with friends, partners, significant others, family, etc.
2. Expectations:
 - b. If you show up more than 15 minutes late you are considered **absent** for that meeting.
 - c. 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.**
 - d. 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.