SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-19
Syllabus Statements

I. CATALOG DESCRIPTION

Course Number:	PSYC1250
Course Title:	Interpersonal Relations
Prerequisite:	None
Catalog Description:	Personal development and adjustment, self-esteem building, values clarification and decision-making, interpersonal communication skills, appreciation of diversity, development of healthy personal and professional relationships.
Credit Hours:	3.0
Class Hours:	45
Lab Hours:	0
Total Contact Hours:	45

II. COURSE OBJECTIVES: *Course will:*

A. Course Objectives

1. To learn a deeper self-understanding.
2. To increase self-esteem.
3. To demonstrate greater responsibility for self.
4. To develop personal coping strategies.
5. To evaluate personal values and learn to set goals.
6. To demonstrate interpersonal communication skills.
7. To integrate knowledge and enhance personal and professional relationships.

B. Course Competencies

1. Basic psychological and sociological concepts are utilized in accepting oneself so that major objectives of appreciating diversity, getting along positively with others, and living a happier, meaningful life are achieved.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

A. Student Learning Outcomes: *Student will be able to:*

1. Recognize the role of communication in determining the nature and quality of interpersonal relationships.
2. Develop skill in selecting and using a variety of communication strategies and responses based on situational contexts, goals and human needs.
3. Understand the theories that explain interpersonal interaction.
4. Utilize effective interpersonal conflict management principles.

B. General Education Learning Outcomes

1. GELO #2: Written Communication
Outcome: Comprehend, analyze, and evaluate a given text.

2. GELO #6: Career and Life Skills
Outcome: Employ effective interpersonal and intrapersonal communication skills.
Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.
Outcome: Demonstrate choices that reflect personal responsibility in one's academic, civic, social, and vocational/professional life.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

A. Course Outline

1. Relating: Beginning with the Self.

- **a**. Knowing and Valuing Yourself.
- **b**. Understanding Yourself Throughout the Life Span.
- **c**. Achieving Happiness and Satisfaction.
- **d**. Developing Emotional Well-Being.
- **e**. Assessing Values, Wants, and Goals.

2. Communication: The Key to Relationships.

- **a.** Becoming a Positive Listener.
- **b**. Improving Communication: How to Send Messages.
- **c**. Improving Communication: What to Say.

3. Positive Relationships: The Ultimate Achievement.

- **a**. Building Positive Relationships.
- **b**. Succeeding in Your Career.
- **c**. Developing and Enriching Intimate Relationships.
- **d**. Strengthening Family Relationships.

V. INSTRUCTIONAL MATERIALS

A. Required Text(s):

1. Suggett, R., Radtke, D., & Paul, K. (2018). Person to Person: Positive Relationships Don't Just Happen, 7th Edition. Pearson. ISBN: 978-1-323-81727-8.

B. Other resources:

1. Supplemental handouts supplied by instructor

C. Outside Reading/Research Required:

1. Read and Reflect packet

2. Written assignments

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of evaluation typically include a combination of the following:

1. Lecture

2. Small and large group discussion

3. Video presentations.

VII. METHODS OF EVALUATION

A. Methods of evaluation typically include a combination of the following:

1. Assignments

2. Examinations

3. Individual Project

4. Attendance/class participation

B. SCC GRADING SCALE

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		
B	80-84	D	60-64		

VIII. SPECIFIC COURSE REQUIREMENTS

A. Sixty percent of attendance is required.

B. Exams (multiple choice, true/false, and matching)

C. Read and Reflect packet

D. Written assignments

E. Individual project