

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Understanding Relationships
Semester Course Prefix and Number: SSS 1435
Old Quarter Course Prefix and Number: PSYC 1458

Submitted By: Jim Cagle
Approval Date: 10/10/02
Revision Date: January 2002

Number of Credits: 1
Semester(s) Offered:
Negotiated Class Size:

Number of Lecture Credits: 1
Number of Lab Credits: **Number of Lab Hours:**
Number of Studio/Demonstration/Internship Credits:

Course Purpose Code:

- 0 – Developmental Courses
- 1 – General Studies (Eveleth Campus only)
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 - Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill general education, Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This workshop will introduce students to the stages and nature of interpersonal relationships. Through a variety of formats, participants will explore relationship issues and develop the skills needed to build healthier interactions with friends, peers and family members. Conflict management and the grieving process will be explored to improve healthy coping skills. This course is open only to Student Support Services (REACH) students.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

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| 0. <input checked="" type="checkbox"/> None | 6. <input type="checkbox"/> The Humanities and Fine Arts |
| 1. <input type="checkbox"/> Communications | 7. <input type="checkbox"/> Human Diversity |
| 2. <input type="checkbox"/> Critical Thinking | 8. <input type="checkbox"/> Global Perspectives |
| 3. <input type="checkbox"/> Natural Sciences | 9. <input type="checkbox"/> Ethical and Civic Responsibility |
| 4. <input type="checkbox"/> Mathematical/Logical Reasoning | 10. <input type="checkbox"/> People and the Environment |
| 5. <input type="checkbox"/> History and the Social and Behavioral Sciences | |

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

The student will:

- Explore communication issues, patterns of communication, levels of personal disclosure, and sources of miscommunication.
- Understand self-esteem/self worth: origin and enhancement
- Discuss and explore the traits that contribute to a healthy family system
- Explore emotions
- Learn and practice conflict management techniques
- Understand the grieving process

Student assessment methods:

- Attendance/participation at entire workshop
- Written reaction paper

Use of instructional technology (includes software, interactive video and other instructional technologies):

Videos

Outline of the major course content:

- Communication- patterns, sources of miscommunication, levels of personal disclosure
- Origin of self-worth
- Emotions
- Traits of a healthy family system
- Prevention and relationship enhancement video
- Conflict management techniques
- Loss in relationships/grieving process

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)
Transfers as elective credits only

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

Distribution: Original – Administrative Office, Library, Learning Center, Records, Student Services, Curriculum Committee Chair