MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title:	**Understanding Relationships**	**Submitted By:**	**Jim Cagle**
Semester Course Prefix and Number:	**SSS 1435**	**Approval Date:**	**10/10/02**
Old Quarter Course Prefix and Number:	**PSYC 1458**	**Revision Date:**	**January 2002**

Number of Credits: 1 **Number of Lecture Credits:** **1**

Semester(s) Offered: **Number of Lab Credits:** **Number of Lab Hours:**

Negotiated Class Size: **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)
__X__ **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).

0. **X** None
1. _____ Communications
2. _____ Critical Thinking
3. _____ Natural Sciences
4. _____ Mathematical/Logical Reasoning
5. _____ History and the Social and Behavioral Sciences
6. _____ The Humanities and Fine Arts
7. _____ Human Diversity
8. _____ Global Perspectives
9. _____ Ethical and Civic Responsibility
10. _____ People and the Environment

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