Course Title: Intimate Relationships
Course: COUN 242/WGS 295/PSYX 291
Schedule: Tuesday 11:10 am – 12:30 pm & Thursday 11:10 – 12:00 pm
Location: Phyllis J. Washington College of Education Building, Room 123
Semester: Autumn 2012

Instructor: Sara Polanchek, LCSW        TA: Meredith Hood, LCPC
Office Location: Education Building, 109-D
                   (PJWCoEHS 109-D)
Office Hours: Mondays, 12:00 – 3:00 and Tuesdays, 12:30 – 3:00
Email: sara.polanchek@mso.umt.edu

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.


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. There will frequently be information presented in lectures that is not in your text and this material will appear on tests and quizzes. 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](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:
To make up a missed exam, you must meet the following criteria:
- You must have legitimate documentation verifying the reason for your absence. Examples of documented circumstances that may merit approval include the following: illness or accident, death or family emergency, University-sanctioned activity.
Remember, notification and documentation are mandatory.
- There are no make-up opportunities for in-class assignments.

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 Paper (1 and 2)**
   Your first assignment is to write a 1-page paper describing your definition of intimacy. This is intended to be your definition uninformed from readings. This is an in-class assignment on the first day of class. At the end of the semester you will write another definition of intimacy. The second definition should be 1 page, typed, and double spaced, and is due on December 6th. **(100 points)**
   **(50 points each)**
   For the second assignment, no papers will be accepted after December 6th.

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. These assignments are to encourage personal reflection on class content, evaluate understanding of content, and they also serve to monitor attendance. **(60 points, 6 points each).**

3. **Exams**
   There will be 3 exams total 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. You are expected to take the exams at scheduled times; however things happen and if you have an emergency that causes you to miss a scheduled exam you have one
week to reschedule. You are expected to notify us immediately if an emergency prevents you from attending an exam. After one week you will be able to take the exam but will lose 10 points off of the exam. You will lose 5 points for every week thereafter. (exams are 60 points each, 180 total).

4. **Experiential Lab (160 points).**
This course includes an experiential component consisting of **four** options. You can list your first and second choice of lab options (form will be provided), and we will do our best to accommodate your choice, but cannot promise first choices.

a. **Option 1: Individual Counseling with a Counselor Education Graduate Student**

If you choose Option 1, you will be expected to meet for eight 50-minute individual relationship consultation sessions with a counselor who is a graduate student in Counselor Education. The issues you might discuss are those related to intimate or close relationships, such as friendships, dating, partner and/or family relationships. These sessions will be collaborative between you and your counselor. Most students find these sessions extremely helpful, and often choose to continue beyond the required number of sessions if time and scheduling permit.

Note: Your counselor will video record your sessions to be shown to a licensed supervisor and a supervision group. Recording is for the purpose of supervising your graduate student counselor—to provide information about your counselor's areas of strength and areas of future growth. The recordings will be erased after supervision. Through recordings, we can maximize your counseling experience.

Scheduling: Should you need to reschedule an appointment with your counselor, please call 243-5252 by 9 a.m. the morning of your appointment, or earlier if possible. Please leave a message with your name, your counselor’s name and the time and date of your scheduled appointment. In some cases, your counselor may give you their cell phone number, which you can use to reschedule appointments.

b. **Option 2: Group Lab Experience with Counselor Education Graduate Students**

The small group lab consists of six 90-minute sessions. This is an opportunity to discuss topics from class a little deeper and to practice some relationship awareness and communication skills. There will be a quick pre-screening meeting with a graduate student (about 15-20 minutes) to ensure safety for all group members and to explain any questions you might have about this experience.

Psycho educational group counseling involves participants being open, honest, and willing to participate with others, while striving to reach personal and group goals. While your attendance and participation is required, your level of self-disclosure will be based solely on your own comfort level and will not affect your grade for COUN 242/PSYX/WGS 295. You may experience negative, as well as, positive feelings in this process. You are entering this experience voluntarily and are expected to work hard by actively giving and receiving feedback in the group, and by making yourself known to others.
Group will meet in the evening from 4-5:30pm on an assigned weekday. Should an emergency occur and you miss a group you will need to arrange a time with your counselors to watch the video from the session missed by calling 243-5252 (the Counselor Education office). Graduate students receive supervision on our sessions from Jana Staton, PhD, as well as a small supervision group comprised of other counseling graduate students. Sessions will be video recorded to assist in the supervision process. We also keep notes of each session to improve your experience. All notes and video recordings will be kept confidential and destroyed upon completion of the group.

c. **Option 3: Volunteer Lab experience**

This option requires that you spend **twenty** hours during the course of the semester volunteering at an agency that works towards maintenance of all healthy relationships, and/or prevention of unhealthy relationships. Examples of volunteering are with either the YWCA or the Student Assault Resource Center (SARC) on campus. If you choose this option, you will be mentored by a faculty member and will be required to write up a 4-5 page paper outlining your experience and describing what you learned during the volunteer experience.

d. **Option 4: 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 Nov. 15th 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. **Extra Credit (15 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 less than 20 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.
**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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic of the Day</th>
<th>Assignment</th>
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<tbody>
<tr>
<td><strong>Week 1:</strong> Aug. 28</td>
<td>Introduction to course. Review syllabus. Overview of expectations and class assignments.</td>
<td><strong>Definition of Intimacy Due</strong></td>
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<tr>
<td>Aug. 30</td>
<td>The Building Blocks of Relationships</td>
<td>Ch.1</td>
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<td><strong>Week 2:</strong> Sep. 4</td>
<td>The Building Blocks of Relationships</td>
<td>Ch.1</td>
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<td>Sep. 6</td>
<td>Attraction</td>
<td>Ch. 3</td>
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<td><strong>Week 3:</strong> Sep. 11</td>
<td>Attraction</td>
<td>Ch. 3</td>
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<tr>
<td>Sep. 13</td>
<td>Social Cognition</td>
<td>Ch. 4</td>
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<tr>
<td><strong>Week 4:</strong> Sep. 18</td>
<td>Social Cognition</td>
<td>Ch. 4</td>
</tr>
<tr>
<td>Sep. 20</td>
<td>Communication</td>
<td>Ch. 5</td>
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<td><strong>Week 5:</strong> Sep. 25</td>
<td>Communication</td>
<td>Ch. 5</td>
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<td>Sep. 27</td>
<td><strong>Exam 1</strong></td>
<td>Chapter 1, 3, 4, 5</td>
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<td><strong>Week 6:</strong> Oct. 2</td>
<td>Interdependency</td>
<td>Ch. 6</td>
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<tr>
<td>Oct. 4</td>
<td>Interdependency</td>
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<td><strong>Week 7:</strong> Oct. 9</td>
<td>Friendship</td>
<td>Ch. 7</td>
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<td>Oct. 11</td>
<td>Friendship</td>
<td>Ch. 7</td>
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<td><strong>Week 8:</strong> Oct. 16</td>
<td>Love</td>
<td>Ch. 8</td>
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<tr>
<td>Oct. 18</td>
<td>Love</td>
<td>Ch. 8</td>
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<td><strong>Week 9:</strong> Oct. 23</td>
<td>Sexuality</td>
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<tr>
<td>Oct. 25</td>
<td>Sexuality</td>
<td>Ch. 9</td>
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<td><strong>Week 11:</strong> Oct. 30</td>
<td><strong>Exam 2</strong></td>
<td>Chapters 6, 7, 8, 9</td>
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<td>Nov. 1</td>
<td>Stress and Strains</td>
<td>Ch. 10</td>
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<tr>
<td><strong>Week 12:</strong> Nov. 6</td>
<td><strong>Election Day/No Class</strong></td>
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<td>Date</td>
<td>Topic</td>
<td>Chapter</td>
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<tr>
<td>Nov. 8</td>
<td>Stress and Strains</td>
<td>Ch. 10</td>
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<td><strong>Week 13:</strong> Nov. 13</td>
<td>Conflict</td>
<td>Ch. 11</td>
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<td>Nov. 15</td>
<td>Conflict</td>
<td>Ch. 11</td>
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<td><strong>Week 14:</strong> Nov. 20</td>
<td>Power and Violence</td>
<td>Ch. 12</td>
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<td>Nov. 22</td>
<td><strong>Student Travel Day/No Classes</strong></td>
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<td><strong>Week 15:</strong> Nov. 27</td>
<td>Power and Violence</td>
<td>Ch. 12</td>
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<td>Nov. 29</td>
<td>Dissolution and Loss</td>
<td>Ch. 13</td>
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<td><strong>Week 16:</strong> Dec. 4</td>
<td>Maintaining and Repairing Relationships</td>
<td>Ch. 14</td>
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<tr>
<td>Dec. 6</td>
<td>Maintaining and Repairing Relationships</td>
<td></td>
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<tr>
<td>Final Exam Week</td>
<td><strong>Exam 3</strong></td>
<td>Chapters 10, 11, 12, 13, 14</td>
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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 session for individual counseling.**

_________________________________________
Student Signature

_________________________________________
Counselor Signature

***This form must be signed by both student and counselor and turned in to Sara no later than **November 27th, 2012**. 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.*