

Psychology of Human Relations

Course Outcome Summary

Course Information

Organization	Madison Area Technical College
Developers	Elizabeth Lindner, PhD and Alan Penn, Ms. Ed.
Development Date	8/26/2002
Course Number	10-809-199
Instructional Level	Associate Degree
Potential Hours of Instruction	54
Total Credits	3

Description

Explores the relationship between general psychological principles and our everyday lives. Students are given the opportunity to achieve a deepened sense of awareness of themselves and others. This understanding is applied to human relations at home and on the job.

Target Population

Occupational Program Students

Types of Instruction

Instruction Type	Contact Hours	Credits
Classroom Presentation	54	3

Textbooks

Nevid, J.D., Rathus, S.A.. *Psychology of Human Relations*. New York: Wiley. 2002. **Edition:** 8th.

Exit Learning Outcomes

Core Abilities

- A. Communication
- B. Critical thinking

Competencies

Unit 1. Perspectives About Self and Individual Differences

- A. Explain what psychology is and how it can be helpful in solving human relations problems

Linked Core Abilities

- Communication
- Critical thinking

Competence will be demonstrated:

- A.1. by completing all assigned readings
- A.2. by meeting instructor's criteria on quizzes and exams

- A.3. by contributing in small group and class discussions
- A.4. by participating in the completion of group projects and in-class assignments
- A.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- A.1. you summarize the various steps of the scientific method
- A.2. you explain the methods used by psychologists to study human behavior
- A.3. you examine the various theories of human behavior
- A.4. you explain the strengths and limitations of the major theories of human relations and behavior

B. Analyze the concept of "the self" as the core of one's psychological being

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- B.1. by completing all assigned readings
- B.2. by meeting instructor's criteria on quizzes and exams
- B.3. by contributing in small group and class discussions
- B.4. by participating in the completion of group projects and in-class assignments
- B.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- B.1. you examine the reciprocal relationships between self-concept and perceptions of others
- B.2. you identify sources of prejudice and discrimination
- B.3. you explain the methods of coping with prejudice and discrimination

C. Explain the terms gender roles and gender differences

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- C.1. by completing all assigned readings
- C.2. by meeting instructor's criteria on quizzes and exams
- C.3. by contributing in small group and class discussions
- C.4. by participating in the completion of group projects and in-class assignments
- C.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- C.1. you summarize the term "gender role"
- C.2. you summarize what gender-role stereotypes are giving examples of each
- C.3. you explain the various educational, personal, and job-related costs of gender-role stereotypes in human relationships at home and at work

Unit 2. The Psychology of Relationships

A. Identify the dynamics involved in the formation and patterns of social relationships

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- A.1. by completing all assigned readings
- A.2. by meeting instructor's criteria on quizzes and exams
- A.3. by contributing in small group and class discussions
- A.4. by participating in the completion of group projects and in-class assignments
- A.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- A.1. you examine the concept of "social influence"
- A.2. you analyze the mechanisms of the social influence process
- A.3. you explain the Stanley Milgrim study on obedience and social influence
- A.4. you compare and contrasts obedience with conformity
- A.5. you summarize the findings of the Asch study and discusses the implications of the findings
- A.6. you examine the implications of the findings of the Asch study

B. Analyze the factors involved in interpersonal attraction: In regard to both friendships and romantic relationships

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- B.1. by completing all assigned readings
- B.2. by meeting instructor's criteria on quizzes and exams
- B.3. by contributing in small group and class discussions
- B.4. by participating in the completion of group projects and in-class assignments
- B.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- B.1. you analyze attraction including the various traits that contribute to physical attractiveness in our culture
- B.2. you explain the "matching hypothesis" including how it influences whom we choose as potential partners
- B.3. you explain the role of similarity in attitudes in interpersonal attraction including the areas where similar attitudes are most likely to affect a developing relationship
- B.4. you compare and contrasts romantic love with companionate love
- B.5. you explain what is loneliness
- B.6. you explain the factors that contribute to loneliness
- B.7. you identify measures that can be taken to cope with loneliness

C. Explain the phases of relationships: attraction, building, and continuation

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- C.1. by completing all assigned readings
- C.2. by meeting instructor's criteria on quizzes and exams
- C.3. by contributing in small group and class discussions
- C.4. by participating in the completion of group projects and in-class assignments

C.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

C.1. you summarize the characteristics of an intimate relationship

C.2. you explain why people get married

C.3. you explain whom people marry

C.4. you identify the factors that affect marital satisfaction

C.5. you examine the reasons for changes in the divorce rate in recent years and explain the costs and effects of divorce on those involved

C.6. you explain the costs and effects of divorce on those involved

C.7. you examine the various alternatives to traditional marriage, focusing on why many people remain single, and the reasons for and types of cohabitation

C.8. you examine various communication techniques for improving communication in relationships and approaches for resolving conflict in relationships

D. Explain why sexual practices and customs vary so widely around the world

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

D.1. by completing all assigned readings

D.2. by meeting instructor's criteria on quizzes and exams

D.3. by contributing in small group and class discussions

D.4. by participating in the completion of group projects and in-class assignments

D.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

D.1. you examine the differing attitudes regarding sexual practices and norms

D.2. you summarize the biological bases of sexual behavior in males and females

D.3. you identify cultural myths that create a climate that support sexual assault

Unit 3. Applications to Health and Wellness

A. Explain the concept of stress and the factors that mediate stress

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

A.1. by completing all assigned readings

A.2. by meeting instructor's criteria on quizzes and exams

A.3. by contributing in small group and class discussions

A.4. by participating in the completion of group projects and in-class assignments

A.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

A.1. you identify sources of stress such as: daily hassles, life changes, frustration, conflicts and environmental stressors

A.2. you identify moderators of the impact of stress such as: self-efficacy expectations, psychological hardiness, humor, predictability and control, personality type (Type A or Type B) and social support

A.3. you explain methods for coping with stress such as progressive relaxation and meditation

- B. Analyze the interaction between psychological factors and physical health**
- Linked Core Abilities**
Communication
Critical thinking
- Competence will be demonstrated:**
- B.1. by completing all assigned readings
 - B.2. by meeting instructor's criteria on quizzes and exams
 - B.3. by contributing in small group and class discussions
 - B.4. by participating in the completion of group projects and in-class assignments
 - B.5. by submitting written assignments on time
- Criteria - Performance will be satisfactory when:**
- B.1. you summarize the biological, emotional, and cognitive effects of stress
 - B.2. you summarize the impact of stress on the immune system
 - B.3. you explain the general impact of socioeconomic status on health and well-being
 - B.4. you differentiate genetic and environmental effects on health status
 - B.5. you distinguish between the factors that are under our personal control and those factors that are not and how these things relate to health status
 - B.6. you examine how these factors relate to health status
- C. Analyze the issues that affect health and adjustment such as nutrition, fitness, sleep, and drugs**
- Linked Core Abilities**
Communication
Critical thinking
- Competence will be demonstrated:**
- C.1. by completing all assigned readings
 - C.2. by meeting instructor's criteria on quizzes and exams
 - C.3. by contributing in small group and class discussions
 - C.4. by participating in the completion of group projects and in-class assignments
 - C.5. by submitting written assignments on time
- Criteria - Performance will be satisfactory when:**
- C.1. you identify the necessary components of a healthy diet
 - C.2. you examine the problem of obesity in the United States including the reasons for the obesity epidemic
 - C.3. you examine the physical and psychological effects of exercise on health
 - C.4. you analyze the function of sleep and how sleeping patterns affect job performance and health
 - C.5. you analyze the problem of drug abuse and the effects on health and job performance
- D. Identify the major psychological disorders and their impact on human relationships**
- Linked Core Abilities**
Communication
Critical thinking
- Competence will be demonstrated:**
- D.1. by completing all assigned readings

- D.2. by meeting instructor's criteria on quizzes and exams
- D.3. by contributing in small group and class discussions
- D.4. by participating in the completion of group projects and in-class assignments
- D.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- D.1. you examine the classification system of mental disorders
- D.2. you summarize the characteristics of the major mental disorders
- D.3. you summarize the various theoretical perspectives on the causes of mental disorders

E. Examine therapy as a way of helping with psychological disorders

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- E.1. by completing all assigned readings
- E.2. by meeting instructor's criteria on quizzes and exams
- E.3. by contributing in small group and class discussions
- E.4. by participating in the completion of group projects and in-class assignments
- E.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- E.1. you examine the more common approaches to therapy for psychological disorders
- E.2. you discriminate between biological and psychological treatments
- E.3. you summarize the strengths and weakness of the biological and psychological approaches

Unit 4. Applications to Work and Family

A. Explain the changes that accompany adolescent and adult development

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- A.1. by completing all assigned readings
- A.2. by meeting instructor's criteria on quizzes and exams
- A.3. by contributing in small group and class discussions
- A.4. by participating in the completion of group projects and in-class assignments
- A.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- A.1. you examine the major physical, cognitive, and social changes of adolescence
- A.2. you examine the major physical, cognitive, and social changes of adulthood
- A.3. you explain the implications of these changes on human relationships at home and at work
- A.4. you explain issues related to death and dying

B. Analyze the challenges of the workplace

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- B.1. by completing all assigned readings
- B.2. by meeting instructor's criteria on quizzes and exams
- B.3. by contributing in small group and class discussions
- B.4. by participating in the completion of group projects and in-class assignments
- B.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- B.1. you examine intrinsic or extrinsic reasons for working
- B.2. you explain the stages of career development
- B.3. you create a resume
- B.4. you explain the preparation necessary for a successful interview
- B.5. you summarize techniques to deal effectively with work stress
- B.6. you analyze the factors that impinge on women in the workplace
- B.7. you identifies measures for enhancing job satisfaction
- B.8. you identifies psychological tests that can be useful in the career-decision making process

C. Examine the factors involved in the decision to have children

Linked Core Abilities

Communication

Critical thinking

Competence will be demonstrated:

- C.1. by completing all assigned readings
- C.2. by meeting instructor's criteria on quizzes and exams
- C.3. by contributing in small group and class discussions
- C.4. by participating in the completion of group projects and in-class assignments
- C.5. by submitting written assignments on time

Criteria - Performance will be satisfactory when:

- C.1. you examine the reasons to have or not to have children
- C.2. you identify factors that influence healthy prenatal development
- C.3. you examine the interaction between work and childrearing
- C.4. you summarize the various child-rearing styles including authoritative, authoritarian, or permissive and the strengths and limitations of each
- C.5. you summarize the strengths and limitations of each child-rearing style
- C.6. you examine the effects of divorce on children
- C.7. you summarize the factors a parent should consider when selecting a daycare center