Psyc 375 (A02): Psychology of Interpersonal Relationships (Spring 2020)

I acknowledge and respect the Lkwungen-speaking peoples on whose unceded traditional territory the university stands and the Songhees, Esquimalt, and WSANEC peoples whose historical relationships with the land continues to this day.

Instructor: Jessica Rourke  
Office hours: T 10:00am – 11:00am  
Class location: DTB A104  
Office location: Cornett A215  
Class time: T, W, F 8:30am – 9:30am  
Contact: jrourke@uvic.ca

Office: TBA  
Office hours: By appointment

Course Description
In this course we’ll focus on exploring social psychological concepts and theories related to interpersonal relationships – specifically, romantic relationships. For example, we’ll discuss how the way we think and feel about ourselves impacts us in romantic relationships, things that contribute to us feeling attracted to others, healthy and unhealthy communication in relationships, conflict and things that help us move through conflict, the dissolution of relationships, and things that help us maintain our relationships.

This class is going to be “hands-on” meaning you’ll be expected to participate in class discussions, activities, and mini-presentations. By the end of this course, my goal is that you will understand the basic psychological concepts, models, and theories pertaining to romantic interpersonal relationships. My goals are also for you to be able to think critically about the subject, make connections among the various course topics, gain a broader understanding of the way in which you contribute to the evolution of your own relationships, and learn skills that you can apply to your own life to improve your relationships.

About Me
I enjoy all aspects of social psychology, however, my main area of research has forgiveness, and I have studied it from both the victim and perpetrator perspectives. I obtained my degrees in Social-Personality Psychology and in addition to teaching at UVic, I teach on-line at Thompson Rivers University, and I work at Restorative Justice Victoria.
Course Readings

Currently, the price for a new copy is $106.95 or used from $80.25. You will be tested on material from the textbook, not all of which will be covered during class. You will also be tested on material presented in class, which is not found in your textbook.

Course Website
On CourseSpaces I will post the course syllabus, information about assignments, information necessary for in-class activities, and any relevant announcements (e.g., grades). CourseSpaces is where you will submit your assignments.

Prerequisite
PSYC 201 and 231 are prerequisites for this course. A student being allowed to register in a course without having completed the prerequisites is rare. If this were to occur and you remained in this course without having completed the prerequisites, you would be doing so at your own risk. Successful completion of this course DOES NOT exempt you from having to complete the prerequisites at a later date if they are required for your degree program.

Course Policies
Contacting Me: Please come to my office hours, or contact me at: jrouke@uvic.ca
- Do not contact me through CourseSpaces.
- Please put your name and student number at the end of your message and include “Psyc 375” in the subject line of your e-mail. This will help ensure your email doesn’t end up in my junk folder, and helps me sort out which class of mine you’re in.
- Please allow 2 business days for a reply. If I have not replied within that timeframe, resend your message and let me know it is the second time you are sending it.
- Please do not contact me to find out when assignments or exams will be graded. As soon as the grades are ready, I will let you know.

Grades: If you are disappointed with a grade, it is your responsibility to arrange to meet with me or your TA to review the marking at the time the material is graded, not at the end of the term when the final grade is awarded. *I will not review a grade/assignment if you come to see me later than 1 week after the grade was first posted.*

In determining your final letter grade in the course, anything .5 and above will be rounded up to the next percentage score; anything .4 and below will be rounded down to the previous percentage score. For example, 74.4% will be rounded to 74%, whereas 74.5% will be rounded to 75%. Letter grades and corresponding percentages are as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
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</thead>
<tbody>
<tr>
<td>A+</td>
<td>90 – 100</td>
</tr>
<tr>
<td>A</td>
<td>85 – 89</td>
</tr>
<tr>
<td>A-</td>
<td>80 – 84</td>
</tr>
<tr>
<td>B+</td>
<td>77 – 79</td>
</tr>
<tr>
<td>B</td>
<td>73 – 76</td>
</tr>
<tr>
<td>B-</td>
<td>70 – 72</td>
</tr>
<tr>
<td>C+</td>
<td>65 – 69</td>
</tr>
<tr>
<td>C</td>
<td>60 – 64</td>
</tr>
<tr>
<td>D</td>
<td>50 – 59</td>
</tr>
<tr>
<td>F</td>
<td>0 – 49</td>
</tr>
<tr>
<td>N</td>
<td>Incomplete</td>
</tr>
</tbody>
</table>
Extensions: Should you need an extension, please come and speak to me about it BEFORE the due date. If you are having trouble getting started on an assignment, do not hesitate to make use of my office hours. I would love to help you! For information on Academic Concessions such as Deferred Status Due to Illness, Accident or Family Affliction please go to https://web.uvic.ca/calendar2020-01/undergrad/info/regulations/concessions.html

University policies: Please familiarize yourself with the university’s standards of academic integrity (e.g., plagiarism and cheating). These regulations can be accessed at the following website: http://web.uvic.ca/calendar2020-01/undergrad/info/regulations/academic-integrity.html

Please see the following pages for information pertaining to weekly topics and course readings, tests, assignments, and academic policies.
<table>
<thead>
<tr>
<th>DATES</th>
<th>LECTURE TOPIC</th>
<th>READINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN 07, 08, 10</td>
<td>Introduction to course and Building Blocks of Relationships</td>
<td>Ch. 1</td>
</tr>
</tbody>
</table>
2. Webpage: [http://labs.psychology.illinois.edu/~rcfraley/attachment.htm](http://labs.psychology.illinois.edu/~rcfraley/attachment.htm) |
| JAN 21, 22, 24 | Social Cognition                                   | Ch. 4                                                                                                    |
| JAN 22nd: Last day to officially register in course *For your work to be accepted and to receive a course grade, you MUST be officially registered | **JAN 28th: TEST 1 (material from January 07 – 24) Test will mostly be multiple choice and short answer questions** |
| JAN 29, 31   | Attraction                                         | Ch. 3                                                                                                    |
| FEB 04, 05, 07 | Love                                               | Ch. 8                                                                                                    |
| FEB 11, 12, 14 | Sexuality                                          | Ch. 9                                                                                                    |
| Feb 18, 19, 21: NO CLASS – READING BREAK |                                                                                                           |                                                                                                           |
| FEB 25, 26, 28 | Communication                                      | Ch. 5                                                                                                    |
| FEB 29th: Last day to withdraw from course without penalty of failure | **MAR 03rd: TEST 2 (material from January 29 – February 28) Test will mostly be multiple choice and short answer questions** |
| Mar 04, 06   | Conflict                                           | Ch. 11                                                                                                   |
| MAR 10, 11, 13 | Stress and Strains                                 | Ch. 10                                                                                                   |
| MAR 17, 18, 20 | Power and Violence                                 | Ch. 12                                                                                                   |
| MAR 24, 25, 27 | Dissolution and Loss                               | Ch. 13                                                                                                   |
| MAR 31, APR 01 | Maintaining and Repairing                          | Ch. 14                                                                                                   |
| APR 03rd: **TEST 3 (material from March 04 – April 01) Test will mostly be multiple choice and short answer questions** |
Course Evaluation and Due Dates

*Assignments must be submitted to CourseSpaces by 9 p.m. on their due date

<table>
<thead>
<tr>
<th>Due Date</th>
<th>Value</th>
<th>Brief Description</th>
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<tbody>
<tr>
<td>Test 1 – January 28th **</td>
<td>20%</td>
<td>Test will be mostly multiple choice and short answer questions and will consist of information from class and assigned readings from January 07 – 24</td>
</tr>
<tr>
<td>Self-Portfolio Reflection – January 22nd</td>
<td>10%</td>
<td>You will complete a series of self-assessments and then write a 2-page reflection.</td>
</tr>
<tr>
<td>Advice Column (written &amp; oral presentation) – Written work due Feb 04; presentations will occur Feb 04 – Mar 11</td>
<td>12%</td>
<td>In groups of six, you will write an advice column relationship problem and a response to that problem. As a group, you will submit your written work to CourseSpaces. You will also present both the problem and the response to the class</td>
</tr>
<tr>
<td>Test 2 – March 03rd **</td>
<td>20%</td>
<td>Test will be mostly multiple choice and short answer questions and will consist of information from class and assigned readings from January 29 – February 28</td>
</tr>
<tr>
<td>Advice Column Assessment Report – March 13</td>
<td>21%</td>
<td>Imagine that you have interviewed either the person who was the author in your group’s advice column problem, or their relationship partner. Submit a 3 – 4 page assessment report of the factors (concepts covered in this course) you believe are contributing to their relationship problem</td>
</tr>
<tr>
<td>Research Participation/Journal Article Summaries – March 27</td>
<td>2%</td>
<td>Either participate in psychological research (2 participation credits = worth 1% so to get the full 2% you need to obtain 4 credits) or write 2 journal article summaries (each summary = worth 1%)</td>
</tr>
<tr>
<td>Test 3 – April 03rd **</td>
<td>15%</td>
<td>Test will be mostly multiple choice and short answer questions and will consist of information from class and assigned readings from March 04 – April 01</td>
</tr>
</tbody>
</table>

*Detailed information and grading schemes for each assignment are posted in the “Assignments” folder on our CourseSpaces website.
Assignment Details

Tests: January 28, March 03, April 03
Tests are non-cumulative. There is no final exam during the exam period for this course.

Tests will not be returned in class. If you’d like to go over your test (and I recommend that you do!), please see your TA, either during the “test review office hour” (date and time will be posted in the “Announcements” section on CourseSpaces) or, by appointment.

*Writing all 3 tests is a mandatory completion requirement to pass this course (if you do not, you will be assigned a grade of “N”). Only in exceptional circumstances will a concession be made (pro-rated grade). If you do not submit/complete an assignment, you will be given a grade of zero and that zero will be used in the calculation of your final course grade.

A table outlining each assignment, its worth, and its due date can be found above. To reward students handing in their work on time, each day that an assignment is late (without proper documentation such as a doctor’s note) 5% will be deducted from the total mark.

*More detailed criteria for each assignment is posted in the “Assignments” folder on CourseSpaces. Please see the detailed criteria for each assignment to make sure you submit an assignment that meets the requirements.*

Please submit assignments to CourseSpaces in either Word or PDF format by 9 p.m. the day they are due. Any assignment submitted in a format other than Word or PDF will not be graded and you will be asked to resubmit it in the proper format – your assignment will be considered submitted once it is received in the proper format, and late marks will be deducted, as applicable.

*Please note: Although an unlikely event, I reserve the right to modify this course outline. Any changes will be announced to you in advance (both in class and posted on CourseSpaces).*
TAKING CARE OF YOURSELF

Being a student can be stressful! Please take care of yourself – eat well, exercise, get enough sleep, take some time to relax, and talk to someone if you’re feeling overwhelmed. This will help you achieve your goals and cope with stress. You are not alone – all of us benefit from support during times of struggle.

Social Life, Friends, & Community at UVic: Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.
https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php

Counselling Services: Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. www.uvic.ca/services/counselling/

Health Services: University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.
www.uvic.ca/services/health/

Centre for Accessible Learning: The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations www.uvic.ca/services/cal/
The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices: The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty, and administration in Indigenous ways of knowing and being.
www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services: Mental health supports and services are available to students from all areas of the UVic community: www.uvic.ca/mentalhealth/undergraduate/

Sexualized Violence Prevention and Response at UVic: UVic takes sexualized violence seriously and has standards for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting www.uvic.ca/svp. If you or someone you know has been impacted by sexualized violence and needs information, advice, or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:
Where: Sexualized violence resource office in EQHR, Sedgewick C119
Phone: 250.721.8021
Email: svpcoordinator@uvic.ca
Web: www.uvic.ca/svp
IMPORTANT UVIC COURSE POLICY INFORMATION

Prerequisites
Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements
For more information see pages 308-312 of the UVic Calendar January 2020.

Registration Status
Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

Commitment to Inclusivity and Diversity
The University of Victoria is committed to promoting, providing, and protecting a positive and supportive and safe learning and working environment for all its members.

In the Event of Illness, Accident or Family Affliction (See also UVic Calendar, January 2020, p. 49-50)

- What to do if you miss the final exam scheduled during the formal exam period
  o Apply at Records Services for a “Request for Academic Concession,” normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.
  o OR, you can download the Request for Academic Concession form here: http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf

- What to do if you miss an exam other than one scheduled during the formal exam period
  o Do not apply at Records Services for a “Request for Academic Concession.”
  Instead, submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- What to do if you require additional time to complete course requirements
  o Apply at Records Services for a “Request for Academic Concession,” normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.
  o OR, you can download the Request for Academic Concession form here: http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf
Policy on Academic Integrity including Plagiarism and Cheating (p. 45-47, UVic Calendar January 2020)
The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity https://web.uvic.ca/calendar2020-01/undergrad/info/regulations/academic-integrity.html

It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else’s. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.

2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.

3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.

4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.

5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.

6. **Being an Accessory to Offences.** This means that helping another student to cheat (for instance, by showing or communicating to them answers to an assignment, or by allowing them to view answers on an exam) is an academic offence.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include:
- the assignment of seating for examinations,
- asking students to move during examinations,
- requests to see student identification cards,
- and other measures as appropriate.
Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar (on p. 46 in January 2020).

The definitive source for information on Academic Integrity is the University Calendar https://web.uvic.ca/calendar2020-01/undergrad/info/regulations/academic-integrity.html (p. 45-47 in January 2020)

Other useful resources on Plagiarism and Cheating include:

1. The Study Solutions Office: https://www.uvic.ca/services/counselling/success/study/index.php

2. The Ombudsperson’s office: https://uvicombudsperson.ca/tips/plagiarism/
   The Office of the Ombudsperson is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations.
   Phone: 250-721-8357
   Email: ombuddy@uvic.ca
   Web: uvicombudsperson.ca

3. UVic Library Resources: http://www.uvic.ca/library/research/citation/plagiarism/