Psyc 431H (A02): Advanced 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
Class location: CLE A118
Class time: T, W, F 1:30am – 2:30pm
Office hours: T 10:00am – 11:00am
Office location: Cornett A215
Contact: jrourke@uvic.ca

Course Description
In this course we’ll take a deep-dive into a variety of topics related to romantic interpersonal relationships. For example, we’ll discuss how the way we think and feel about ourselves impacts us in romantic relationships, the impact of technology on relationships, monogamous and polyamorous relationships, communication (especially around consent), infidelity, and qualities of healthy relationships.

I want this to be a collaborative learning environment and have tried to optimize opportunities for you to learn from each other (class leaders, in-class group activities, group projects). I highly encourage you to bring additional readings, knowledge, and insights from personal experiences into the course.

By the end of this course, my goal is that through the examination of empirical research, you will understand the psychological concepts, models, and theories that underly a variety of aspects 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 been 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
There is no textbook for this course. Instead, you will be reading selected chapters and articles, all of which are available online through the library. In the class schedule below, you will see the set of readings assigned to be completed prior to class each day.

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 most of your assignments.

Prerequisite
PSYC 300A, 300B (can be a co-requisite), 375 and one of PSYC 320, 330, 376, 385, 386 are prerequisites for this course. A student being allowed to register in a course without having completed the perquisites 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: jrourke@uvic.ca
- Do not contact me through CourseSpaces.
- Please put your name and student number at the end of your message and include “Psyc 431H A02” 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, re-send 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>Letter</th>
<th>Percentage</th>
</tr>
</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>
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<tr>
<td>N</td>
<td>Incomplete</td>
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Incomplete

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; presentation skills</td>
<td>No readings</td>
</tr>
<tr>
<td>JAN 14, 15, 17</td>
<td>The Self</td>
<td>TBA</td>
</tr>
<tr>
<td>JAN 21, 22, 24</td>
<td>Attachment Theory</td>
<td>TBA</td>
</tr>
<tr>
<td>JAN 28, 29, 31</td>
<td>Attraction, Sex, Intimacy</td>
<td>TBA</td>
</tr>
<tr>
<td>FEB 04, 05, 07</td>
<td>Sexuality - Consent</td>
<td>TBA</td>
</tr>
<tr>
<td>FEB 11, 12, 14</td>
<td>Class presentations</td>
<td>No readings</td>
</tr>
</tbody>
</table>

**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*

<table>
<thead>
<tr>
<th>DATES</th>
<th>LECTURE TOPIC</th>
<th>READINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAR 03, 04, 06</td>
<td>Class presentations</td>
<td>No readings</td>
</tr>
<tr>
<td>MAR 10, 11, 13</td>
<td>Conflict &amp; Communication</td>
<td>TBA</td>
</tr>
<tr>
<td>MAR 17, 18, 20</td>
<td>Power and Violence; Dissolution</td>
<td>TBA</td>
</tr>
<tr>
<td>MAR 24, 25, 27</td>
<td>Maintaining and Repairing</td>
<td>TBA</td>
</tr>
<tr>
<td>MAR 31, APR 01</td>
<td>Board Game presentations</td>
<td>No readings</td>
</tr>
</tbody>
</table>

**FEB 29th**: Last day to withdraw from course without penalty of failure

**MAR 03rd**: Take home test due in class
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>
</tr>
</thead>
<tbody>
<tr>
<td>Bonus Grade – January 10th</td>
<td>0.5</td>
<td>Submit a recent picture, along with a few sentences telling me about yourself (all in one document). I’d love to get to know a little bit about you and this will also help me to learn your name quickly!</td>
</tr>
<tr>
<td>Class Participation</td>
<td>13%</td>
<td>Contribute in a way that promotes discussion and demonstrates enthusiasm and preparedness. This is an interactive class; attendance and participation in the group activities will enrich your learning environment. Attending most classes and participating in the in-class group activities will get you a participation grade of 75%. Grades above that are based on individual contributions to class discussions.</td>
</tr>
<tr>
<td>Soundtrack of My Life – January 31st</td>
<td>15%</td>
<td>You will discuss 4 main life events that you believe have had or will have an impact on your behaviour in romantic relationships.</td>
</tr>
<tr>
<td>Discussion question, class leader</td>
<td>10%</td>
<td>Your discussion questions will relate to the assigned course reading for that week and must engage your classmates in conversation about the reading.</td>
</tr>
<tr>
<td>Course Concept Presentation</td>
<td>15%</td>
<td>You will present in groups of 3 (one group of 4) on a topic chosen by your group. Your group must engage the class for 40 minutes (stimulate class discussion, run at least one in-class activity). I know presenting can cause anxiety – if you are feeling extremely anxious, please talk to me so we can discuss ways in which you might reduce your anxiety.</td>
</tr>
<tr>
<td>Course Concept Presentation Feedback</td>
<td>2%</td>
<td>You will evaluate each class presentation. Your feedback form is due at the end of the class on the day that the presentation is given. I will type a synopsis of the class’ feedback and give it to the presenters (that way your name will not be associated with specific feedback comments). If you are absent from class, you cannot provide feedback for that presentation. There is no substitution assignment.</td>
</tr>
<tr>
<td>Term Paper</td>
<td>20%</td>
<td>Your term paper topic will relate to your class group presentation topic. Your paper should be double-spaced and 6 pages in length (excludes title page and references). Your paper must be in APA format. If you’d like to</td>
</tr>
</tbody>
</table>
write your essay on a topic different from your presentation topic, this may be possible. Please come see me to discuss your topic idea.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Weight (%)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board Game Presentation – March 31st &amp; April 01st</td>
<td>15%</td>
<td>In the same group as your class presentation, you will create a board game related to romantic relationships. You will present your board game concept (with either a 3D model, a PPT presentation, or something similar) to the class (10-minutes) and explain to us why you chose those concepts to be part of your game.</td>
</tr>
<tr>
<td>Take home test due in class April 03rd</td>
<td>10%</td>
<td>To pass this course, you must submit your take home test. If you do not, you will be assigned a grade of “N”.</td>
</tr>
</tbody>
</table>

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

Test: Take home test, due in class April 03
There is no final exam during the exam period for this course. I will give you your take home test question at least one week prior to April 03. You are welcome to come to class to finish writing it on April 03, or, you can simply come by the classroom during our class time and drop off your already finished product. You must give me your completed take home test before 12:20 p.m. on April 03.

*Completing the take home test is a mandatory completion requirement to pass this course (if you do not, you will be assigned a grade of “N”). 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.

The exception is your term paper essay – this is to be handed in as a hard copy at the start of class, one week after your presentation date. The exception is if you are presenting on Feb 11, 12, or 14. The following week is Reading Break, so your essay will be due Feb 25th.

*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](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/](http://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/](http://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/](http://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/](http://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/](http://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](http://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](mailto:svpcoordinator@uvic.ca)
Web: [www.uvic.ca/svp](http://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
  - 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.
  - 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
  - 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
  - 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.
  - 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/

4. Dr. Mitchell of the UVic English Department: