

I acknowledge with respect the lək̓ʷəŋən peoples on whose [unceded] traditional territory the University of Victoria stands, and the Songhees, Esquimalt, and WSÁNEĆ peoples whose historical relationships with the land continue to this day. We are all extremely privileged to learn, work, and play on this beautiful territory.

Psychology 375 A02



Interpersonal Relationships

Spring (Jan-Apr) 2022

**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 Brightspace).*

©Dr. Jessica Rourke

Psyc 375 A02 – Interpersonal Relationships

Spring (Jan – Apr) 2022

TWF 12:30pm – 1:30pm

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MEET YOUR INSTRUCTOR and TA

Instructor: Dr. Jessica Rourke (she/her/hers)

My degrees are in Social-Personality Psychology. In addition to teaching at UVic, I teach online at TRU and work at Restorative Justice Victoria.

Contact: jrouke@uvic.ca

Office hours: (COR A277): W 2:00pm – 3:00pm



Teaching Assistant (TA): Anthony Amato (he/him/his)

Contact: anthonyamato@uvic.ca

Office hours: By appointment

Contacting Us:

- Please come to office hours, or email: jrouke@uvic.ca or anthonyamato@uvic.ca
- Do not message us through Brightspace
- ***Please include “Psyc 375” in the subject line of your e-mail*** and make sure you put your name and student number at the end of your message
- Please allow 2 business days for a reply. If we have not replied within that time frame, re-send your message and let us know it is the second time you are sending it
- Please do not contact us to find out when assignments or exams will be graded. As soon as the grades are ready, they will be posted
- You need to make an appointment to see Anthony during office hours. You do not have to make an appointment to see Dr. Rourke during office hours, however, priority will be given to those students who have booked an appointment

Course Description

In this course we will explore 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
 - things that help us maintain our relationships
-

Course Delivery

This class is going to be interactive, meaning you'll be expected to participate in class discussions and activities. My hope is that you contribute to the learning of your peers. I highly encourage you to bring additional readings, knowledge, and insights from personal experiences into the course.

Learning Outcomes

My goals are that by the end of this course you will be able to:

- understand the basic psychological concepts, models, and theories pertaining to romantic interpersonal relationships
 - think critically about the subject
 - make connections among the various course topics
 - gain a broader understanding of the way you contribute to the evolution of your own relationships
 - learn skills you can apply to your own life to improve your relationships
-

Prerequisites

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 Readings

The textbook for this course is available at the UVic bookstore: Miller, R. S. (2022). *Intimate Relationships* (9th ed.). McGraw-Hill.

Currently, the price for a digital copy of the textbook is \$59. The price for a new, physical copy is \$106.95. 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. You will see the set of readings assigned to be completed *prior to class* each week in the tentative course schedule on p. 7.

Course Website

On Brightspace I will post:

- the course syllabus
- Quizzes
- information about assignments
- information necessary for in-class activities
- relevant announcements (e.g., grades)

Please make sure you regularly check whichever email you've got linked to Brightspace (I highly recommend you link your UVic email...it will be the most secure) because any announcements posted to Brightspace will be sent to that email.

Brightspace is where you will submit your assignments. There will also be some informal discussion forums so you can connect with your classmates (e.g., to form a study group).

****If anything on our website (including documents) presents any accessibility issues, please let me know and I can send you the information in plain format.**

Grades

If you are disappointed with a grade, it is your responsibility to arrange to meet with me or Anthony to review the marking at the time the material is graded, not at the end of the term when the final grade is awarded.

We will not review a grade/assignment if you contact us later than 5 days 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:

A+	90 – 100	B+	77 – 79	C+	65 – 69	F	0 – 49
A	85 – 89	B	73 – 76	C	60 – 64	N	Incomplete
A-	80 – 84	B-	70 – 72	D	50 – 59		

Please note that an A+, A, or A- is earned by work which is technically superior, shows mastery of the subject matter, and in the case of an A+ offers original insight and goes beyond course expectations. See p. 14 for more information on what constitutes letter grades at UVic.

Extensions

Should you need an extension, please feel free to speak to me about it **BEFORE** the due date. **Extensions will not be granted on, or following, the due date.** Late submissions of assignments are accepted – please see p. 9 of this course syllabus for more information.

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 (e.g., Deferred Status Due to Illness, Accident or Family Affliction) please see the information beginning on p. 11 of this course syllabus.

If You Miss A Test

If you miss a test due to illness or a family emergency, contact me by email at jrouke@uvic.ca as soon as possible and explain that you missed the test and why. I will inform you when your make-up test will be held.

****If you miss a test and fail to contact me within five days of the test date, I will consider you to have not completed a major course requirement and will assign an N mark (failure due to not completing a course requirement) for the course.***

If You Require Special Arrangements Due to a Diagnosed Condition

1. You must be officially registered with the Centre for Accessible Learning – please see <https://www.uvic.ca/services/cal/onlineservices/register/index.php> for more information. I will automatically be informed of your registration with them.
2. Prior to your test, if you have any questions about your accommodation, please contact me, via email: jrouke@uvic.ca

Tentative Course Schedule

DATES	LECTURE TOPICS	READINGS & QUIZZES (complete 6 of 11 quizzes)
JAN 11, 12, 14	Introduction to course Building Blocks of Relationships	Ch. 1 (Quiz 1: due NEXT WEEK, Jan 23)
JAN 18, 19, 21	The Self and Attachment Theory	1. <u>Journal article (PsycInfo, UVic library webpage)</u> : Suppes, B. (2021). Using self-compassion to influence romantic relationship satisfaction: A case study of women. <i>Journal of Feminist Family Therapy</i> , 33(3), 244-269. 10.1080/08952833.2021.1880185 2. <u>Webpage</u> : http://labs.psychology.illinois.edu/~rcfraley/attachment.htm *Quiz 1 (Ch 1): due Jan 23
JAN 26: 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 25, 26, 28	Social Cognition	Ch. 4 (Quiz 2: due Jan 30)
FEB 01, 02, 04	Test 1 (Feb 01) Attraction	Test 1 covers material up to Jan 28 Ch. 3 (Quiz 3: due Feb 06)
FEB 08, 09, 11	Love	Ch. 8 (Quiz 4: due Feb 13)
FEB 15, 16, 18	Sexuality	Ch. 9 (Quiz 5: due Feb 20)
Feb 21 – 25: Reading Break, no classes, no readings		
Feb 28: Last day to officially withdraw from course without penalty of failure		
MAR 01, 02, 04	Communication	Ch. 5 (Quiz 6: due Mar 06)
MAR 08, 09, 11	Test 2 (Mar 08) Conflict	Test 2 covers material from Feb 01 – March 04 Ch. 11 (Quiz 7: due Mar 13)
MAR 15, 16, 18	Stress and Strains	Ch. 10 (Quiz 8: due Mar 20)
MAR 22, 23, 25	Power and Violence	Ch. 12 (Quiz 9: due Mar 27)
MAR 29, 30, APR 01	Dissolution and loss	Ch. 13 (Quiz 10: due Apr 03)
APR 05, 06	Maintaining and repairing Test 3 (take-home; due Apr 08)	Ch. 14 (Quiz 11: due Apr 07) Test 3 covers material from March 08 – April 06 – it will be a take-home test, due Apr 8

***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")**

Progress Evaluation and Due Dates

Due Date	Value	Brief Description
Quizzes Most weeks, Sundays, 11:59pm PST. Quiz 11 is due Thursday April 07 *Chapter 1 quiz is due in our 2 nd week, rather than our first week	9%	On Brightspace, complete 6 of 11 quizzes of your choice (worth 1.5% each). If you complete more than 6, your lowest quiz grades will be dropped. <u>Quiz due dates:</u> Jan 23, 30, Feb 06, 13, 20, Mar 06, 13, 20, 27, Apr 03, 07 *Because you only need to complete 6 of 11, there are no make-up opportunities offered for missed quizzes.
Self-Portfolio Reflection Friday Jan 21, 11pm PST	10%	You will complete a series of self-assessments and then write a 1 – 2 page reflection
Test 1 Tuesday Feb 01, online, during class time	18%	Tested on material covered since the beginning of the semester
Advice Column (Group work) Tuesday Feb 15, 11pm PST	10%	In a group, you will write an advice column relationship problem & response to that problem
Test 2 Tuesday March 08, online, during class time	18%	Tested on material delivered after Test 1 material
Your choice: Advice Column Assessment, or Creative Project Monday March 21, 11pm PST	20%	Option 1 – Advice Column Assessment: Imagine you have interviewed either the fictional person who was the author in your group’s advice column problem, or their relationship partner. Submit a 3 – 5 page assessment report of the factors (concepts covered in this course) you believe are contributing to their relationship problem Option 2 – Creative project: Submit a poem, song, painting/drawing that relates to at least 3 concepts covered in this course. Alongside this, you will need to include a 1 – 3 page critical thinking aspect relating to your project
Test 3 “Take home” test (online), due Friday April 08 via Brightspace	15%	Tested on material delivered after Test 2 material
Bonus: Research Participation or Journal article summaries Thursday April 07, 5pm PST	Up to 2% bonus added to final grade	Participate (via SONA system) in psychological research (1 hour typically = 1%) or write 2 journal article summaries (each summary = worth 1%) - To complete the journal article summary option, you must <u>email me to obtain permission and details by no later than March 01</u>

Grading Details

Mandatory Course Components

- Writing the 3 tests (Feb 01, Mar 08, Apr 08) 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.

Tests

- There are 3 non-cumulative tests. The first two will be written online during class time. The 3rd will be a “take-home test” (completed online), due Friday Apr 08. There is no final exam.

Quizzes

- There are 11 chapter quizzes. You are asked to complete 6. If you complete more, only your best 6 grades will count (I recommend completing them all!). These quizzes are on Brightspace. Most weeks (except Week 1) have a quiz, and they are typically due by Sunday 11:59pm *PST* (exception is Quiz 11, due Thursday April 7).
- Quiz due dates: Jan 23, 30, Feb 06, 13, 20, Mar 06, 13, 20, 27, Apr 03, 07

Assignment Submissions

- Submit all assignments to Brightspace in either Word or PDF format.
- More detailed criteria for each assignment are posted in the “Assignment Information” section on Brightspace. Please see the detailed criteria for each assignment to make sure you submit an assignment that meets the requirements.

Late Submissions

- To reward students handing in their work on time, each day an assignment is late, 5% will be deducted from your total grade on that assignment. Please see p. 6 for the course policy on extensions.



Important: We will be discussing some sensitive topics. As in all courses, please make sure to take care of yourself and check in with me if you need to. Students might discuss sensitive, personal matters – you are expected to maintain confidentiality.

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 many 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. The sooner you let them know your needs, the quicker they can assist you in achieving your learning goals in this course. www.uvic.ca/services/cal/

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: The University of Victoria takes sexualized violence seriously and has standards for what is considered acceptable behaviour. You are encouraged to learn more about how the university defines sexualized violence and its overall approach. 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 to the 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

Please familiarize yourself with the university's standards of academic integrity (e.g., plagiarism and cheating). *For instance, did you know that distribution of course materials (e.g., lecture notes) without the professor's permission is a breach of academic integrity?*

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 the UVic Calendar January 2022: <https://www.uvic.ca/calendar//future/undergrad/index.php#/content/5db888a563f365001a66a44b>

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, supportive, and safe learning and working environment for all its members.

In the Event of Illness, Accident or Family Affliction

- What to do if you miss the final exam scheduled during the formal exam period (**Note: we do not have a final exam in this course!*)
 - 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: The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity (Click on “Undergraduate Academic Regulations” and then click on “Policy on Academic Integrity”): <https://www.uvic.ca/calendar//future/undergrad/index.php#/policies>

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.

The definitive source for information on Academic Integrity is the University Calendar (Click on “Policy on Academic Integrity”):

<https://www.uvic.ca/calendar//future/undergrad/index.php#/policies>

Other useful resources on Plagiarism and Cheating include:

1. The Study Solutions Office: <https://onlineacademiccommunity.uvic.ca/lap/studysolutions/>

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:

http://web.uvic.ca/~amitch/teaching_files/Avoiding%20Plagiarism.pdf

Grading: The table below shows the official grading system used by UVic instructors in arriving at final assessments of student performance. For more details (Click on “Undergraduate Academic Regulations” and then click on “Grading”):

<https://www.uvic.ca/calendar//future/undergrad/index.php#/policies>

Grade	Percentage	Description
A+	90 - 100	Earned by work which is technically superior, shows mastery of the subject matter, and in the case of an A+ offers original insight and/or goes beyond course expectations. Normally achieved by a minority of students.
A	85 - 89	
A-	80 - 84	
B+	77 - 79	Earned by work that indicates a good comprehension of the course material, a good command of the skills needed to work with the course material, and the student’s full engagement with the course requirements and activities. A B+ represents a more complex understanding and/or application of the course material.
B	73 - 76	
B-	70 - 72	
C+	65 - 69	Earned by work that indicates an adequate comprehension of the course material and the skills needed to work with the course material and that indicates the student has met the basic requirements for completing assigned work and/or participating in class activities.
C	60 - 64	
D	50 - 59	Earned by work that indicates minimal command of the course materials and/or minimal participation in class activities that is worthy of course credit toward the degree.

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