



COURSE OUTLINE

PANDEMIC CHANGES

Given the COVID-19 pandemic state, the University of British Columbia has directed all UBC programs to be delivered online.

COURSE INFORMATION

Course Title	Course Code Number	Credit Value
Relationship Development	FMST 314-101	3 credits
Class Location	Class Time	Session Term
Online Course offered through Canvas	Tuesday and Thursday 2:00pm to 3:30pm PST	2020 Winter Term 1

INSTRUCTOR INFORMATION

Course Instructor(s)	Email & Phone	Office Location	Virtual Office Hours
Robyn Pitman	robyn.pitman@ubc.ca 604-827-2051		Tuesday and Thursday 2:00pm to 3:30pm PST using Collaborate Ultra
Teaching Assistant(s)	Email & Phone	Office Location	Virtual Office Hours
Nicole Pontikes	nicole.pontikes@ubc.ca		By appointment only

CALENDAR DESCRIPTION, PREREQUISITES, AND COREQUISITES

The study of the development, course, and decline of personal relationships.

Prerequisite: One of SOCI 200, PSYC 100, PSYC 101, PSYC 102, SOCI 240.

COURSE DESCRIPTION

This course explores how relationships are developed, maintained, and dissolved with a focus on romantic relationships and friendships. Students will be encouraged to explore their own relational beliefs and what information they will integrate into their personal relationships. Relational theories, beliefs, current research trends, and relational processes and challenges will be discussed throughout the course. Students will be provided analytical and applied based learning experiences.

LEARNING OUTCOMES (LOs)

At the completion of the course, successful students will be able to:

1. Identify and apply theories used to understand personal relationships that include social penetration theory, attribution theory, and communication privacy management theory.
2. Describe how relational beliefs are developed and how media exposure can influence our relational beliefs.
3. Interpret and apply current research findings in the field of personal relationships.

4. Develop critical constructive feedback skills through an online peer review process and participation in a virtual infographic fair.
5. Describe the processes and challenges in personal relationships and how they are managed and supported.
6. Compare and contrast different relationship types.

COURSE STRUCTURE AND LEARNING ACTIVITIES

Our class will consist of a mixture of synchronous and asynchronous learning environments. As a student in this course, you will be asked to do more than just memorize material but to take an active approach to your learning. I invite you to bring yourself to “class” as well as current examples from the media, personal experience, or other courses pertaining to current approaches and contemporary issues in human development and family relationships.

Asynchronous learning will occur every Tuesday during our class time. Take this time to work through the self-paced micro lectures that are posted on Canvas. **Synchronous learning** will occur on select Thursdays during our scheduled class time (see course schedule) ranging from 20 mins to 40 mins in length. Attendance is *optional* and synchronous lectures will be recorded / posted for those who cannot attend.

LEARNING MATERIALS

All readings are available on the online library course reserve on the Canvas website. See the course schedule (see pages 4-5) for the schedule of readings.

ASSESSMENTS OF LEARNING

Assessment	LOs Addressed	Due dates / Submission Period	% of Final Grade
Relationship “Hack” Infographic			
Working draft infographic	#2, 3, 5	Thurs Oct 8	3%
Online Peer Reviews	#4	Fri Oct 9 to Thurs Oct 22	14%
Virtual Infographic Fair	#4	Tues Nov 10 to Fri Nov 13	8%
Final Infographic	#2, 3, 5	Thurs Nov 19	25%
Online Discussion Skill Building Activities (Best 4 out of 5)	#1-3, 5	See course schedule	25%
Test and Apply Your Knowledge Quizzes	#1-3, 5	See course schedule	25%
Total			100%

OUTLINE OF ASSIGNMENTS

****All Assignment Due Dates, Activities, and Synchronous Learning are Pacific Standard Time.****

Final Infographic and Working Draft of Infographic: Working individually, students will create an infographic which is a visual representation of information. Students will bid on a relationship belief that they want to explore (e.g., should you be friends with your ex) and incorporate two peer reviewed journal articles published within the last 20 years to explore the relationship belief and develop a relationship “hack”. A “hack” is a strategy or technique that a person can use to manage how the belief is impacting them. Students will also provide one resource to help the reader learn more about this belief. Students will submit a working draft of their infographic for online peer review to obtain feedback from both their

peers and the instructor / TA. At the end of the course, students will submit their finalized infographic that has incorporated all the feedback (peers, instructor, TA) they have obtained throughout the term. Full assignment instructions are posted on Canvas under the Modules tab.

Online Peer Review. Students are required to complete two online peer reviews where they will provide feedback on visual presentation and content on two working draft infographics created by two of their peers in the course. Throughout the course, students will learn how to give and receive constructive critical feedback to their peers. Full assignment instructions are posted on Canvas under the Modules tab.

Virtual Infographic Fair. Students are required to participate in a 4-day virtual infographic fair. The virtual infographic fair is another opportunity for students to obtain feedback from their peers about their infographics AND to share and present their work with the entire class. Full assignment instructions are posted on Canvas under the Modules tab.

Test and Apply Your Knowledge Quizzes. Quizzes are completed individually and are based on the material covered in an assigned week. The number of questions on each quiz will vary each week and is dependent on the amount of content being covered in each module. You will be tested on 2 types of questions. *Test your knowledge questions* test your understanding of the course material and the answers could be found in the lecture material and / or assigned reading. *Apply your knowledge questions* test your understanding of how to apply the concepts from the course. The answers **cannot** be found in the lecture slides because these are application questions. The schedule of quizzes is on the course schedule (see page 4).

Online Discussion Skill Building Activities. Students will be required to engage in 5 online group discussions that address the questions in the assigned learning activity for each week. The lowest mark is dropped for the best 4 out of 5 discussion activities. Instructions are on Canvas under the *Modules* tab. Schedule of discussions is on pages 4-5 of the course outline.

LATE ASSIGNMENTS

There are no late submissions accepted during the duration of the course because there is a submission period for many of the assignments. See course schedule (page 4) for submission periods and due dates.

GRADES

After you receive a grade on Canvas, please review your feedback. **Any inquiry or dispute over the grade must be made within two weeks from the date they are posted.** If you fail to discuss any grade during this time limit, changes to the grade will not be considered. Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar: <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,42,96,0>

CORRESPONDENCE

Email me at robyn.pitman@ubc.ca. I will check emails on weekdays until 5pm Monday to Friday. I will not be checking my email on the weekends, so be prepared that it may take up to 48 hours to receive an email from me between Friday to Monday. I would appreciate you using an appropriate greeting followed by the instructor's correct name. For example: Hi Robyn, Hi Dr. Pitman, or Hi Professor Pitman.

SCHEDULE OF TOPICS

*Note. This is a tentative schedule. Any changes will be posted on Canvas.

****All Assignment Due Dates, Activities, and Synchronous Learning are Pacific Standard Time.****

Week	Modules and Assigned Readings	Activities and Due Dates
Week 1 Sept 8 & 10	Sept 8: Imagine Day – no classes scheduled Sept 10: Introduction to the Course	
Week 2 Sept 15 & 17	Relationship Beliefs <u>Reading / media:</u> Hussey, M. (2017). Is he the one? 5 questions to know for sure. <i>Thurs Sept 17 Synchronous Learning:</i> Overview of Infographic Assignment	Test and Apply Your Knowledge Quiz #1 can be completed between Mon Sept 14 8:00am to Sun Sept 20 11:59pm. Discussion Skill Building Activity #1 opens Mon Sept 14 8:00am and closes Sun Sept 20 11:59pm.
Week 3 Sept 22 & 24	Theories of Relationships <u>Reading / media:</u> Manusov, V. (2017). Attribution theory: Who's at fault in families?	Test and Apply Your Knowledge Quiz #2 can be completed between Mon Sept 21 8:00am to Sun Sept 27 11:59pm. Last day to sign up for a relationship belief through Canvas is Tues Sept 22 by 11:59pm. <i>On Canvas, click on the People link, click on the Groups tab, and you can self-enroll in the belief you want to do.</i>
Week 4 Sept 29 & Oct 1	Healthy Relationships and Being Single <u>Reading / media:</u> Sweatt-Eldredge, C. (2017, October 9). The little things that will make or break your relationship.	Test and Apply Your Knowledge Quiz #3 can be completed between Mon Sept 28 8:00am to Sun Oct 4 11:59pm. Discussion Skill Building Activity #2 opens Mon Sept 28 8:00am and closes Sun Oct 4 11:59pm.
Week 5 Oct 6 & 8	Dating and Attraction <u>Reading / media:</u> Miller, R. S. (2018). Chapter 3 : Attraction. <i>Thurs Oct 8 Synchronous Learning - Relationship Roundup: Dating During a Pandemic</i>	Test and Apply Your Knowledge Quiz #4 can be completed between Mon Oct 5 8:00am to Sun Oct 11 11:59pm. Working Infographic Drafts for peer review are due Thurs Oct 8 11:59pm. <i>Late submissions are not accepted. If you do not submit a draft of your infographic, you cannot complete peer reviews. You will receive an automatic grade of 0 on both the draft and the peer reviews.</i> Online Peer Reviews BEGINS Fri Oct 9 12:00am.
Week 6 Oct 13 & 15	Communication <u>Reading / media:</u> Stinnett, Stinnett, Degenova, & Rice (2017). Chapter 9: Power, decision making, and communication.	Test and Apply Your Knowledge Quiz #5 can be completed between Mon Oct 12 8:00am and Sun Oct 18 11:59pm. Discussion Skill Building Activity #3 opens Mon Oct 12 8:00am and closes Sun Oct 18 11:59pm.
Week 7 Oct 20 & 22	Conflict <u>Reading / media:</u> Tartakovsky, M. (2016, July 17). How conflict can improve your relationship. <i>Thurs Oct 22 Synchronous Learning - Relationship Roundup: Why Communication Matters</i>	Test and Apply Your Knowledge Quiz #6 can be completed between Mon Oct 19 8:00am and Sun Oct 25 11:59pm. Online Peer Reviews ENDS Thurs Oct 22 11:59pm.

Week	Modules and Assigned Readings	Activities and Due Dates
Week 8 Oct 27 & 29	Love <u>Reading / media:</u> DiDonato, T. H. (2014, June 24). How you know if you're in love?	Test and Apply Your Knowledge Quiz #7 can be completed between Mon Oct 26 8:00am and Sun Nov 1 11:59pm. Discussion Skill Building Activity #4 opens Mon Oct 26 8:00am and closes Sun Nov 1 11:59pm.
Week 9 Nov 3 & 5	Friendship <u>Reading / media:</u> Hall, J. A. (2011). Thurs Nov 5 Synchronous Relationship Roundup: Class Choice	Test and Apply Your Knowledge Quiz #8 can be completed between Mon Nov 2 8:00am and closes Sun Nov 8 11:59pm.
Week 10 Nov 10 & 12	Stresses and Strains <u>Reading / media:</u> Eckel, S. (2016, November). Listening to jealously.	Test and Apply Your Knowledge Quiz #9 can be completed between Mon Nov 9 8:00am and closes Sun Nov 15 11:59pm. 4-day Virtual Infographic Fair: Tues Nov 10 8:00am to Fri Nov 13 5:00pm See Canvas for more information.
Week 11 Nov 17 & 19	Infidelity and Violence <u>Reading / media:</u> Perel, E. (2015). Rethinking infidelity...a talk for anyone who has ever loved.	Test and Apply Your Knowledge Quiz #10 can be completed between Mon Nov 16 8:00am and Sun Nov 22 11:59pm. Discussion Skill Building Activity #5 opens Mon Nov 16 8:00am and closes Sun Nov 22 11:59pm. Final Infographic is due by Thurs Nov 19 by 11:59pm
Week 12 Nov 24 & 26	Dissolution and Disengagement <u>Reading / media:</u> Howe, L. (2016, January 20). Why some people take breakups harder than others. Thurs Nov 26 Synchronous Relationship Roundup: Breaks Ups during a Pandemic	Test and Apply Your Knowledge Quiz #11 can be completed between Mon Nov 23 8:00am and Sun Nov 29 11:59pm.
Week 13 Dec 1 & 3	Maintaining and Improving Relationships <u>Reading / media:</u> Miller, R. S. (2018). Chapter 14: Maintaining and repairing relationships.	Test and Apply Your Knowledge Quiz #12 can be completed between Mon Nov 30 8:00am and Sun Dec 6 11:59pm.

ONLINE LEARNING AND INTERNATIONAL STUDENTS

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender, or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <https://academic.ubc.ca/support-resources/freedom-expression>

UNIVERSITY POLICIES

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available on [the UBC Senate website](#).

ACADEMIC MISCONDUCT

Academic misconduct, such as plagiarism, is a serious offence at the University of British Columbia. I will not tolerate academic misconduct and will follow the disciplinary guidelines set forth by the university should any violations occur. For offences, penalties, and procedures relating to academic misconduct, please consult the Undergraduate Calendar:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,0>

CENTRE FOR ACCESSIBILITY

The University accommodates students with learning challenges who have registered with the Centre for Accessibility. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. Please let me know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar commitments, cannot assume they will be accommodated. Please discuss your commitments with me *at least one week* in advance of the scheduled assignment or exam. For more information, please visit

<https://students.ubc.ca/about-student-services/centre-for-accessibility>

ACADEMIC CONCESSION AND EARLY ALERT

If you cannot meet a course requirement due to illness or compassionate reasons, please advise me as soon as possible prior to the due date. Please include a Student Self-Declaration form, found on the Arts Advising website: <https://students.arts.ubc.ca/advising/academic-performance/help-academic-concession/>. If you require a second concession, you must make your request to your Faculty Advising Office. For further information on regulations and procedures for Academic Concession, please refer to the Undergraduate Calendar at: <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>

During the term, I will do my best to reach out and offer support. If I am concerned about your academic performance or wellbeing, I also encourage you to come and speak with me if you need assistance. In addition, I may identify my concerns using Early Alert. The program allows academic, financial, or mental health concerns to be identified sooner and responded to in a more coordinated way. This provides you with the earliest possible connection to resources like academic advising, financial advising, counselling, or other resources and support to help you get back on track. The information is treated confidentially and is sent because I care about your academic success and wellbeing. For more information, please visit <https://facultystaff.students.ubc.ca/systems-tools/early-alert>